

**CARBOHYDRATE COUNTS**  
**Of Common Foods on School Menus**

Please note, this is an estimate of the carbohydrates contained in these foods.

**Sandwiches**

American Hoagie	35.28 G
Cheeseburger on Bun	22.50 G
Cheese Steak on Torpedo	32.65 G
Chicken Patty on Bun	31.89 G
Grilled Cheese Sandwich	34.99 G
Ham & Cheese on Kaiser	33.17 G
Hamburger on Bun	22.27 G
Hot Dog on Bun	23.06 G
Italian Hoagie	35.29 G
Meatball Sandwich	37.29 G
Peanut Butter & Jelly Sandwich	56.21 G
Sloppy Joe on Bun	31.85 G
Tuna on Bun	21.63 G
Turkey & Cheese on Kaiser	32.60 G
Turkey & Cheese Hoagie	35.82 G

**Grab N Go**

Ham & Cheese Grab n Go	99.39 G
Italian Hoagie Grab n Go	44.70 G
Turkey & Cheese Grab n Go	56.72 G
Cereal, Yogurt, w/Bagel	51.49 G

**Entrée**

Beef Taco	40.94 G
Chicken Fajitas	31.20 G
Chicken Nuggets-5	12.00 G
French Bread Pizza	35.20 G
French Toast Sticks-4	75.76 G
Pasta w/Meatballs	53.53 G
Pizza	42.11 G

**Dairy**

Cream Cheese-pc	0.75 G
Milk-Whole	11.37 G
Milk-1/2% Choc	26.05 G
Milk-2 %	11.71 G
Milk-Skim	11.88 G
Trix Yogurt-4 oz	23.00 G

**Salad ½ cup or 1 Platter**

Caesar Salad, ½ c	11.56 G
Chef salad Platter	37.34 G
Chicken Salad, ½ c	4.68 G
Egg Salad, ½ c	3.07 G
Garden Salad w/Croutons, ½ c	44.45 G
Macaroni Salad, ½ c	22.39 G
Pasta Salad, ½ c	20.08 G
Pasta Salad Platter	62.00 G
Mixed Salad Platter w/Cheese	44.43 G
Mixed Salad Platter w/Chicken	53.11 G
Tuna Salad, ½ c	0.84 G
Tuna Salad Platter	31.91 G

**Vegetables ½ Cup**

Broccoli w/Dip	7.01 G
Carrot Sticks w/Dip	14.06 G
Carrots, Canned	4.27 G
Celery Sticks w/Dip	5.29 G
Corn, Canned	30.49 G
French Fries	17.68 G
Green Beans, Canned	4.12 G
Lettuce & Tomato	2.38 G
Mashed Potatoes	15.77 G
Peas, Canned	10.71 G
Vegetarian Beans	10.50 G

**Fruit 1 piece or ½ Cup**

Apple	32.33 G
Applesauce	25.39 G
Banana	26.71 G
Cantaloupe	6.69 G
Fruit Juice Punch	17.10 G
Mixed Fruit, Canned	18.07 G
Orange	15.39 G
Orange Juice	14.40 G
Peaches, Canned	18.26 G
Pears, Canned	18.89 G
Pineapple, Canned	16.95 G

## Carb Counts for Commonly used snacks in schools

<b>Proball Donuts</b>	<b>17 G</b>
<b>Baked BBQ Lays</b>	<b>25 G</b>
<b>Baked Orig. Lays</b>	<b>26 G</b>
<b>Johnny Rapp Cheddar</b>	<b>20 G</b>
<b>Johnny Rapp Hot</b>	<b>20 G</b>
<b>Smart Food Red. Fat Popcorn</b>	<b>20 G</b>
<b>Rold Gold Tiny Twist</b>	<b>23 G</b>
<b>Cool Ranch Doritos</b>	<b>18 G</b>
<b>Harvest Cheddar Sun Chips</b>	<b>19 G</b>
<b>Funyons</b>	<b>14 G</b>
<b>Crunchy Cheetos</b>	<b>17 G</b>
<b>French Onion Sun Chips</b>	<b>18 G</b>
<b>Baked Jax</b>	<b>18 G</b>
<b>Nutri Grain Bars</b>	<b>26 G</b>
<b>Lemon Oh's (4 each)</b>	<b>23 G</b>
<b>Elf Grahams</b>	<b>20 G</b>
<b>Oreo 100 Calories Pack</b>	<b>20 G</b>
<b>Ice Cream</b>	
<b>Orange Cream Stick</b>	<b>15 G</b>
<b>Cry Baby</b>	<b>29.5 G</b>
<b>Low Fat Choc. Éclair</b>	<b>16 G</b>
<b>Low Fat Straw. Shortcake</b>	<b>18 G</b>
<b>Fat Free Sugar Free Vanilla Cup</b>	<b>16 G</b>
<b>Fat Free Sugar Free Choc. Cup</b>	<b>17 G</b>
<b>Fudge Stix</b>	<b>15 G</b>
<b>Mini Red. Fat IC Sandwich</b>	<b>16 G</b>
<b>Fat Free Push Up</b>	<b>22 G</b>
<b>Sherbet Push Up</b>	<b>22 G</b>

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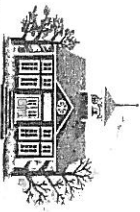
**Breads & Grains**

Bagel-mini	13.88 G
Biscuit	16.98 G
Crackers-2pkg	4.29 G
Dinner Roll	14.29 G
Goldfish Crackers	7.50 G
Rice-1/2 Cup	27.81 G
Soft Pretzel-1 oz	19.00 G
White Bread-1 slice	12.37 G
Wheat Bread-1 slice	12.91 G

**Desserts**

Cinnamon Churro	17.43 G
Chocolate Chip Cookie	8.02 G
Chocolate Pudding cups	22.00 G
Harvest cookie	23.00 G
Jello w/Topping	34.16 G
Nacho Doritos, .50oz	8.50 G
Potato Chips, .50oz	7.50 G
Vanilla Pudding Cup	23.00 G

\*NOTE: Nutri-Serve Food Management, Inc.  
will not be held responsible for variations in  
delivery of ingredients of items that we use to  
prepare these foods. This may affect  
carbohydrate counts.



# BLANK School District Six week CYCLE #1



# BLANK School District CARR COUNT

Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Prices:</b></p> <p><b>Ala Carte and Snacks</b></p> <p><b>Available Daily:</b> Peanut Butter &amp; Jelly Triple 77.47g</p> <p> Fresh Fruit Bread Basket Milk Choices: 1%, White, Choc. Strawberry, Skim</p> <p><b>What's New this Month...</b> <i>Vegetable of the Month:</i> Potatoes <i>Fruit of the Month:</i> Cantaloupe</p> <p>National Potato Month National Better Breakfast Month</p> <p> PrePaid Tickets Available in Advance: Use the Tear Off Check Payable to BLANK Cafeteria Elem Ten (10) tickets = \$</p>	<p><b>Monday</b></p> <p>7 Milk Choice</p> <p><b>LABOR DAY</b> SCHOOL CLOSED</p> <p>14 Milk Choice</p> <p>15 Cheeseburger on a Bun Crispy Tater Tois Chilled Peas Apple Shaped Pretzel</p> <p>21 Milk Choice</p> <p>22 Cheesesteak Sandwich Oven Baked French Fries Hawaiian Pineapple Chunks</p> <p>28 Breaded Baked Chicken 10.00g Milk Choice</p> <p>5 Meatball Submarine Cauliflower w/ Cheese Sauce Seasoned Green Beans 100 % Apple Juice 43.50g 5.85g 3.44g 14.50g Milk Choice</p>	<p><b>Tuesday</b></p> <p>1 Chicken Party on a Bun Oven Browned French Fries Seasoned Green Beans Cantaloupe Slice</p> <p>8 Hot Dog on a Bun Fun Size Doritos Vegetarian Baked Beans Rosy Applesauce Creamy Vanilla Pudding 23.07g 9.52g 10.50g 14.40g 24.38g Milk Choice</p> <p>15 Chicken Nuggets 5nuggets Dinner Roll Green Beans Chilled Peaches</p> <p>22 Milk Choice</p> <p>29 Oven Baked Chicken Macaroni &amp; Cheese Seasoned Green Beans Fresh Orange 0g 33.70g 3.44g 15.39g Milk Choice</p>	<p><b>Wednesday</b></p> <p>2 French Toast Sticks w/Syrup Sausage Party Hot Cinnamon Apples 100 % Orange Juice</p> <p>9 Chicken Fajita in Soft Tortilla Tender Corn Niblets Chilled Peas Cinnamon Churro Fluffy White Rice 64.07g 15.42g 18.89g 17.47g 27.81g Milk Choice</p> <p>16 Milk Choice</p> <p>30 Beef-a-Roni Garlic Italian Bread Caesar Salad w/Dressing Mixed Fruit Medley 47.71g 17.12g 1.71g 18.07g Milk Choice</p>	<p><b>Thursday</b></p> <p>3 South of the Border Taco's Fluffy White Rice Golden Corn Niblets Fresh Watermelon Slice</p> <p>10 Toasted Cheese Sandwich Sweet Summer Peas Tomato Soup Mixed Fruit Medley Pepperidge Farm Goldfish 36.22g 10.71g 16.03g 18.07g 7.50g Milk Choice</p> <p>17 Mini Pancakes w Syrup Cup Sausage Party McCain Hash Brown Stick Applesauce</p> <p>24 <b>Wild West Day</b> Cowboy Cheeseburger on a bun w/BBQ Sauce, Lettuce &amp; Tomato Pardner Potato Smiles Corral Fresh Apple 32.58g 24.00g 29.28g Milk Choice</p> <p>1 Hot Turkey Sandwich w/Gravy Cranberry Sauce Seasoned Green Beans Fresh Apple 38.76g 26.94g 3.44g 29.28g Milk Choice</p>	<p><b>Friday</b></p> <p>4 Pizza Slice Garden Tossed Salad With Dressing Fresh Fruit Choice</p> <p>11 Pizza Slice Caesar Salad w/CROUTONS Cling Sliced Peaches Jell-O w/Topping</p> <p>18 Cheesy Pizza Slice Celery Sticks w/L.F. Dip Cantaloupe Slice Pretzel Rod</p> <p>25 Cheesy Pizza Slice Garden Salad w/Dressing Cling Sliced Peaches Oatmeal Cookie 42.11g 50.86g 18.26g 19.00g Milk Choice</p> <p>2 French Bread Pizza Slice Garden Salad w/Dressing Cling Sliced Peaches Vanilla Pudding w/Topping 35.20g 50.86g 18.28g 33.59g Milk Choice</p> <p>9 Pizza Slice Caesar Salad w/Dressing Cinnamon Applesauce Chocolate Pudding w/Topping 42.11g 1.71g 27.21g 25.90g Milk Choice</p>
<p><b>Balloons for Balanced Lunch</b></p> <p>Orange = Grains Green = Vegetables Red = Fruits Blue = Milk Purple = Meal &amp; Beans Yellow=Olis &amp; X Energy</p>	<p><b>Menu subject to change without notice.*</b></p>				