

Carbohydrate Guide

(Please check with the Cafeteria Mgr. on what is being served that day)

Item		Grams of Carbohydrate	Item		Grams of Carbohydrate
Nachos -			Poultry Gravy	1 oz.	3
Chili Beans - Quick Start	1/2 cup	15.47	Turkey Gravy (Jr.H portion)	1/3 cup	3.75
Chili Beans	1/2 cup	18.4	Mashed Potatoes (Jr.H portion)	1/2 cup	28.18
Tortilla Chips	1 oz.	19.2	Turkey Gravy w/Mashed Potatoes	3/4 cup	Total 19.09
Baked Chicken	2 oz.	3	Turkey Gravy	1/2 cup	5
Bean Burrito - Elem.	5 oz.	54	Mashed Potatoes	1/4 cup	14.1
Beef Taco Chalupa	1 each	15.6	Sliced Cheese	1 slice	0.5
Beef Taco Stick	1 each 4.6 oz.	36.1			
* Breaded Chicken	3 oz.	14.18	Baked Beans (Veg)	1/4 cup	12
Chicken - diced	3 oz.	0	Broccoli	1/4 cup	1.46
Calzone	Trky Ppproni	49	Brown Rice	1/4 cup	11.2
Chicken Fajita Meat	2 oz.	2.58	Corn	1/4 cup	7.71
Chicken, Orange	3 oz.	10.89	Corn Coins	2 each	7.71
Chicken Patty Grilled	1 each	2	Cucumbers	1/8 cup	1.5
Chicken Nuggets	5 each	12	Green Beans	1/4 cup	1.5
Chicken Nuggets - Jr H	8 each	19.2	Carrots, canned	1/4 cup	5.43
Chic Nuggets-Hearts/football	3 each	13	Carrot sticks	1/4 cup	5.43
Chicken Tenders	4 each	16	Carrot sticks, baby	1/4 cup	6
Chicken, Teriyaki	3 oz.	4.08	Lettuce/Cheese cup	2 oz.	1.29
Crispito	1 each	22.27	Coleslaw	1/4 cup	8.4
Deli Sandwich	Trky Hm & Ch	26.35	Peas	1/4 cup	5.36
Deli Sandwich	Turkey & Chs	31.75	Pinto Beans	1/4 cup	8.6
Dinner Roll - new	1 each	14	Red Beans & Rice	1/3 cup	31
Dog Gone Chicken Dog	1 each	3.5	Refried Beans	1/4 cup	16.62
French Fries	3 oz.	20	Rice - elem. portion	2 oz.	16
French Fries	3/4 cup	40	Rice - JH portion	3 oz.	23.95
Grilled Cheese Sand wheat		22.74	Roasted Vegetables	1/4 cup	4.68
Hamburger Bun Multigrain	1 4" bun	26	Spanish Rice	1/4 cup	19.6
Hamburger Patty	1 each	0	Tater Tots	3 oz.	18
Hot dog bun	1 each	27	Tater Tots	1/2 cup	24
Hoagie Roll - 4" wheat	1 each	29	Tater Tots	3/4 cup	36
Meatballs, Beef	4 each	4.8	Tortilla-6 inch	1 each	13
Marinara Sauce	1/8 cup	2	Winter Squash - swt pot	1/4 cup	10.1
Macaroni n Chse	2 oz.	7.64			
Macaroni n Chse -Jr. H	3 oz.	11.46	Jalapenos		1
Mini Corn Dogs	6 each	31.5	Cheese Sauce - jr. high	2 oz.	7
PB & J	2.8 oz.	33	BBQ Sauce	1.5 oz.	18.33
PB & J - Jr H Lunch	4.8 oz.	56.13	Salsa	1/4 cup	3.97
Pepperoni Pizza - Elem	1 slice	45	Fortune Cookie	1 each	24.3
Pizza Cheese- Elem	1 slice	39			
Pep Pizza-10 cut Domin	1 slice	35	Holiday Cookie	1 each	18.6
Pep Pza-8 cut JH Domin	1 slice	43			
Pizza Cheese-Jr. High	5" round	44	Ranch - lite	1 oz.	1.61
Pepperoni Pizza-Jr. High	5" round	44	Ketchup packet	1 each	3
Pizza Hawaiian-Jr. High	5" round	48.5	Mustard packet	1 each	1
Popcorn Chicken	15 pieces	23			
Spaghetti w/meat sauce	1/2 cup	19.4	Milk - 1 %	8 oz.	16
Spicy Brded Chken Patty	1 each	12	Milk - Choc., Skim	8 oz.	29
Taquito, beef	1 each	6.2	Milk - 2 %	8 oz.	14
Taco Meat (turkey)	2 oz.	1.6			

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		Carbohydrate			Carbohydrate
Totally Taco (meat)	3 each	28			
Ultimate Bn/Chs Burrito	7.1 oz.	55			
Apple Bar	1 each	34	Multigrain Chips	1 bag	12
Cranberry Bar	1 each	33.92	Sun Chips - Jr. High		27
Biscuit - new	1 each	30	Cheetos - Jr. High		30
Blueberry Muffin	1 each	46.61	Fritos - Jr. High	2 oz.	32
Breakfast Tac-Go	1 each	15	Hot Cheetos - Jr. High		29
Brkfst Burrito - Los Cabos	1 each	24.13	Pretzels - Frito Lay	2 oz.	46
Buttermilk Bar	1 each	38	Pretzels - Tiny Twists	1 oz.	23
Breakfast Bar - new	1 each	48	Pretzel-Jr. High Entrée	5 oz. Soft	76
Breakfast Pizza	1 slice	20	Oyster Crackers	1 pkg.	10
Choc. Chip Muffin (Sweet)	1 each	48.27			
Cinnamon Roll	1 each	44.04	Cornbread Muffin	2.5 oz.	40.39
Danish-Apple	1 each	44.9			
Dutch Waffle/pwd sug	1 each	48	Rice Chex	1 bowl pac	17
Egg & Cheese Wrap	1 each	15	Berry Berry Kix	1 bowl pac	20
French Toast AJ (Sticks)	1 Slice(3 ea)	45	Honey Nut Cheerios	1 bowl pac	22
JH Cinn Glzed French T.	1 each	32	Apple Cinnamon Cheerios	1 bowl pac	22
Flauta - Bean & Cheese	1 each	20.63	Crisp Rice Cereal	1 bowl pac	18
Fruit Pie (Cutie Pie)	2 oz.	29	Toasted Oats Cereal	1 bowl pac	16
Fruit Pie (Cutie Pie)	3.75 oz.	50.6	Raisin Bran Cereal	1 bowl pac	27
Mini Chik n Jr. (patty)	1.9 oz.	7.5	Corn Flakes Cereal	1 bowl pac	19
Mini Pancakes - A +	1 pkg. (8 ea)	40	Oatmeal	4 oz.	26
Pancake on a Stick	1 - 3 oz.	19.4	Granola-Bulk Cereal	1 oz.	19
Pan Dulce	1 each	35			
Pizza Bagel	1 each	23.16	String Cheese	1 each	0.71
Sausage Patty	1 each	0	Yogurt	4 oz.	17
Waffle Sticks	2 each	19	Yogurt Parfait - Jr. High	1 each	54.3
Syrup	1.5 oz. portion	31	Jelly	1 each	9.8
Syrup - Sugar free	1 each	6			
			Sugar Free Pudding	1 each	10 - 12 gm.
			Sugar Free Gelatin	1 each	1
Apple	1 ea. (3perLb)	19.06			
Apple	1/2 each	9.5			
Orange = 2-5/8 inches each	1 each	11.28	Soup, Chicken Noodle	6 oz.	10.5
Orange = 2-5/8 inches each	1/2 each	5.64	Soup, Veg. Alphabet	6 oz.	13.5
Banana	7" - 7 7/8"	28	Soup, Pozole	6 oz.	14
Applesauce	4 oz.	15			
Apricots, canned	1/4 cup	10.43	Edibowls - Tostada	1 each	14
Cranberry Sauce	1/4 cup	26			
Fruit Cocktail	1/4 cup	9	Teriyaki Glaze	2 Tbsp	10
Mandarin Oranges,canned	1/4 cup	4.45			
Pears, canned	1/4 cup	9.44	Dole Fruit in Gelatin	4.3 oz.	23
Pears, fresh	1 each	23	Dole Mandarin Oranges	4 oz.	18
Peaches, canned	1/4 cup	8.2	Dole Pineapple cup	4 oz.	17
Peaches, frozen	4 oz. cup	27.19			
Pineapple, canned	1/4 cup	5.67			
Plums (2 1/4")	1 each	7.54	Cheesy Breadstick	1 each	14.3
Whole Fruit Icee	2 oz.	9			
Kiwi	1 medium each	11	English Muffin Sandwich	1 each	29.4
Tropi-Cal Fruit (frozen)	2 oz.	7			

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Item		Carbohydrate	Item		Carbohydrate
Fresh Fruit Mix	1/2 cup	16			11/10/10