

Carbohydrate Guide			(Please check with the Cafeteria Mgr. on what is being served that day)		
Item		Grams of Carbohydrate	Item		Grams of Carbohydrates
Nachos -			Chicken Gravy	1.5 oz.	27
Chili Beans - Quick Start	1/2 cup	15.47	Turkey Gravy (Jr.H portic	1/3 cup	3.75
Chili Beans	1/2 cup	18.4	Mashed Potatoes (Jr.H p	1/2 cup	28.18
Tortilla Chips	1 oz.	19.2	Turkey Gravy w/Mashed	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	14.09
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
Breaded Chicken Patty	1 each	12	Broccoli	1/4 cup	1.46
Calzone	Trky Pproni	50.29	Corn	1/4 cup	7.71
Chicken Fajita Meat	2 oz.	2.58	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
Crispito	1 each	22.27	Lettuce/Cheese cup	2 oz.	1.29
Deli Sandwich	Trky Hm & Chs	26.35	Coleslaw	1/4 cup	8.4
Deli Sandwich	Turkey & Chs	31.75	Peas	1/4 cup	5.36
Dinner Roll	1 each	17	Pinto Beans	1/4 cup	8.6
Dog Gone Chicken Dog	1 each	3.5	Red Beans & Rice	1/3 cup	31
French Fries	3 oz.	20	Refried Beans	1/4 cup	16.62
French Fries	3/4 cup	40	Rice - elem. portion	2 oz.	16
Grilled Cheese Sand		23.07	Rice - JH portion	3 oz.	23.95
Hamburger Bun Multigrain	1 4" bun	25	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	3/4 cup	36
Macaroni n Chse	2 oz.	7.64	Tortilla-6 inch	1 each	13
Macaroni n Chse -Jr. H	3 oz.	11.46			
Mini Corn Dogs	6 each	31.5	Jalapenos		1
Orange Chicken	3 oz.	10.89	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
Pizza Cheese- Elem	1 slice	51	Fortune Cookie	1 each	24.3
Pizza Cheese- Jr. High	5" round	44	Choc Chip Cookie RF WG	1 each	28
Pizza Hawaiian-Jr. High	5" round	48.5			
Pep Pizza-10 cut Domin	1 slice	35	Ranch - lite	1 oz.	1.61
Pep Pza-8 cut JH Domin	1 slice	43	Ketchup packet	1 each	3
Pepperoni Pizza - Elem	1 slice	42	Mustard packet	1 each	1
Pepperoni Pizza - Jr. High	5" round	44			
Popcorn Chicken	15 pieces	23	Milk - 1 %	8 oz.	16
Pork Sandwich/bbq sc.	1 each	50	Milk - Choc., Skim	8 oz.	29
Ravioli	4 oz.	20			
Spaghetti w/meat sauce	1/2 cup	23	Sun Chips - Jr. High		27
Spicy Brded Chken Patty	1 each	12	Cheetos - Jr. High		30
Taquito, beef	1 each	6.2	Fritos - Jr. High	2 oz.	32
Teriyaki Chicken	3 oz.	4.08	Hot Cheetos - Jr. High		29
Taco Meat (turkey)	2 oz.	1.6	Pretzels - Frito Lay	2 oz.	46
Totally Taco (meat)	3 each	28	Pretzels - Tiny Twists	1 oz.	23
Ultimate Bn/Chs Burrito	7.1 oz.	55	Pretzel-Jr. High Entrée	5 oz. Soft	76

Item		Grams of	Item		Grams of
		Carbohydrate			Carbohydrates
Apple Bar	1 each	34			
Biscuit - Whole Grain	1 each	24	Rice Chex	1 bowl pac	17
Blueberry Muffin	1 each	46.61	Berry Berry Kix	1 bowl pac	20
Breakfast Tac-Go	1 each	15	Honey Nut Cheerios	1 bowl pac	22
Brkfst Burrito - Los Cabos	1 each	24.13	Apple Cinnamon Cheerio	1 bowl pac	22
Buttermilk Bar	1 each	38	Crisp Rice Cereal	1 bowl pac	18
Breakfast Pizza	1 slice	20	Toasted Oats Cereal	1 bowl pac	16
Choc. Chip Muffin (Sweet)	1 each	48.27	Raisin Bran Cereal	1 bowl pac	27
Cinnamon Roll	1 each	44.04	Corn Flakes Cereal	1 bowl pac	19
Danish-Apple	1 each	44.9	Oatmeal	4 oz.	26
Dutch Waffle/pwd sug	1 each	48	Granola-Bulk Cereal	1 oz.	19
Egg & Cheese Wrap	1 each	15			
French Toast AJ (Sticks)	1 Slice(3 ea)	45	String Cheese	1 each	0.71
JH Cinn Glzed French T.	1 each	32	Yogurt	4 oz.	17
Flauta - Bean & Cheese	1 each	20.63	Yogurt Parfait - Jr. High	1 each	54.3
Fruit Pie (Cutie Pie)	2 oz.	29			
Fruit Pie (Cutie Pie)	3.75 oz.	50.6	Jelly	1 each	9.8
Mini Chik n Jr. (patty)	1.9 oz.	7.5			
Mini Pancakes - A +	1 pkg. (8 ea)	40	Sugar Free Pudding	1 each	10 - 12 gm.
Pancake on a Stick	1 - 3 oz.	19.4	Sugar Free Gelatin	1 each	1
Pan Dulce	1 each	35			
Pizza Bagel	1 each	23.16			
Sausage Patty	1 each	0			
Waffle Sticks	2 each	19			
Syrup	1.5 oz. portion	31			
Syrup - Sugar free	1 each	6			
Apple	1 ea. (3perLb)	19.06			
Apple	1/2 each	9.5			
Orange = 2-5/8 inches eac	1 each	11.28			
Orange = 2-5/8 inches eac	1/2 each	5.64			
Banana	7" - 7 7/8"	28			
Applesauce	4 oz.	15			
Apricots, canned	1/4 cup	10.43			
Cranberry Sauce	1/4 cup	26			
Fruit Cocktail	1/4 cup	9			
Pears, canned	1/4 cup	9.44			
Pears, fresh	1 each	23			
Peaches, canned	1/4 cup	8.2			
Peaches, frozen	4 oz. cup	27.19			
Pineapple, canned	1/4 cup	5.67			
Whole Fruit Icee	2 oz.	9			
Dole Fruit in Gelatin	4.3 oz.	23			
Dole Pineapple cup	4 oz.	17			
Fun Fruits	1 pkg.	18			
Kiwi	1 medium each	11			
Tropi-Cal Fruit (frozen)	2 oz.	7			
Fresh Fruit Mix	1/2 cup	16			