

## Fruits

Apple (1 pc)	22 g.
Applesauce (1/2 C.)	14 g.
Apricots (Frozen cups)	25 g.
Banana (Whole Piece)	27 g.
Blueberries (1/4 C.)	2 g.
Cantaloupe (1/4 C.)	7 g.
Clementine	9.4 g.
Grapes (1/4 C.)	4 g.
Honeydew (1/4 C.)	8 g.
Kiwi (1/4 C – Elementary) (1/2 C – 2ndary)	6 g. or 12 g.
Mandarin Oranges (1/2 C.)	20 g.
Mango (1/2 C.)	18 g.
Mixed Fruit (1/2 C.)	18 g.
Orange - fresh (1 pc)	16 g.
Peaches (Frozen Cups)	19 g.
Peaches (1/2 C.)	14g.
Pear – fresh (1 pc)	25 g.
Pears (1/2 C.)	15 g.
Pineapple Tidbits (1/2 C.)	22 g.
Strawberries (Frozen Cups)	22 g.
Tropical Fruit (1/4 C.)	17 g.
Watermelon (1/4 C.)	3 g

## Rice

Brown Rice (1/2 C. cooked)	22 g.
Brown & Wild Rice Medley (1/3 C.)	23 g.
Cous Cous (1/3 C.)	16 g.
Mexican Rice (1/2 C.)	21 g.
Rice (Plain) (1/3 C.)	14 g.
Vegetable Fried Rice (1/2 C.)	30 g.

## Vegetables/Potatoes

AuGratin Potatoes (1/2 C.)	18 g.
Baby Carrots (1/2 C.)	4 g.
Baked Beans (1/2 C.)	25 g.
Black Beans (1/2 C.)	19 g.
Broccoli (1/2 C.)	3 g.
California Blend Vegetables (1/2 C.)	6 g.
Carrot Coins (1/2 C.)	4 g.
Corn (1/2 C.)	20 g.
Creamy Coleslaw (1/3 C.)	12 g.
Crunch Garden Veggies + Hummus (1/4 C.)	3 g. + 4 g.
Curly Fries (3 oz)	20 g.
French Fries (1/2 C.)	16 g
French Market Salad (1/2 C.)	8 g.
Green Beans (1/2 C.)	5 g.
Hash browns (1/2 C)	9 g.
Jicama Sticks (1/2 C.)	11 g.
Kohlrabi Sticks (1/2 C.)	4 g.
Mandarin Orange Citrus Blend Veg. (3/4 C.)	11 g.
Mashed Potatoes (1/2 C.)	16 g.
Mixed Vegetables (1/2 C.)	8 g.
Peas (1/2 C.)	6 g.
Peas & Carrots (1/2 C.)	5 g.
Pickle Slices (1/8 C.)	0.5 g.
Potato Salad (1/3 C.)	9 g.
Potato Wedges (1/2 C.)	15 g.

Refried Beans (1/2 C.)	25 g.
Romaine Salad (1/2 C.) – No dressing	.75 g.
Strawberry Spinach Salad (1/2 C)	1.5 g.
Sweet Kale Salad with Poppypeed Dressing (1/2 C.)	16 g.
Sweet Potato Fries (1/2 C.)	30 g.
Sweet Potato Confetti Tots (1/2 C.)	19 g.
Sweet Potato Side Dish (1/2 C)	26 g.
Tator Tots (1/4 C.)	8 g.

### Breads

Bagel (4 oz.)	41 g.
Bagel (French Toast)	21 g.
Bagel (plain)	65 g.
Bagel (Multigrain)	36 g.
Bread (1 slice)	12 g.
Breadstick (White)	22 g.
Breadstick (Multigrain)	22 g.
Buttermilk Biscuit (1 oz.)	12 g.
Dinner Roll	14 g.
Dressing/Stuffing (1/2 C)	11 g.
Garlic Bread	12 g.
Footlong Bun	26 g.
Hamburger Bun	20 g.
Hotdog Bun	20 g.
Sub Bun (2 oz)	25 g.
Sub Bun (3 oz)	37 g.
Tortilla (8") – For Tacos & Fajitas	18 g.

### Pasta Salads

Rotini Ranch Edamame Salad (1/3 C.)	11.2 g.
Veggie Pasta Salad- Bowtie (1 C.)	17 g.
Veggie Pasta Salad- Rotini (1 C.)	16 g.

### Condiments

BBQ Sauce (2 Tbsp.)	11 g.
Blackbean Salsa (1/8 C.)	3.4 g
Cream Cheese (1 oz.)	2 g.
Garden Vegetable Cream Cheese (1 oz.)	2 g.
Ketchup (1 tbsp.)	4.5 g.
Pancake Syrup (1/4 C.)	54 g.
Poppypeed Dressing (1 oz)	8 g.
Ranch Dressing (Fat Free)(2 Tbsp.)	8 g.
Tartar Sauce (2 Tbsp.)	5 g.

### Milk/Cheese

1% Milk	11 g.
Chocolate Milk	26 g.
Cheese Slice	0.5 g.
Skim Milk	11 g.
String Cheese	1 g.

### Entrees

Baked Chicken	15 g.
Baked Ziti	27 g.
BBQ Rib	5 g. (25 g. with bun)
Beef Stew	16 g.
Boscós (Cheese) (2)	48 g.
Cheese Pizza (Tony's)	36 g.
Cheesebread Dunkers	36 g.
Cheeseburger	.5 g. (20.5 with bun)

Chef Salad (Elem & 2ndary)	7 g. & 11 g.
Chicken Strips	11 g.
Chicken Fajitas (1)	21 g.
Chicken Fillet	1 g (13 g. with bun)
Chicken Stix (8 stix)	12 g.
Chicken Noodle Soup	8 g.
Chicken Nuggets (5 nuggets)	10 g.
Chicken Patty	12 g. (32 g. with bun)
Chicken Rice Soup	8 g.
Chili	22 g.
Corndog	27 g.
Dominos Cheese Pizza	40 g.
Dominos Pepperoni Pizza	40 g.
Dominos Sausage Pizza	40 g.
Fish Filet	19 g.
Fish Nuggets	16 g.
Fish Sticks	21 g.
Footlong Hotdog/Bun	23 g.
Grilled Cheese	28 g.
Hamburger Gravy w/ Potatoes	16 g.
Hamburger	0 g. (20 g. on a bun)
Hot Dog	1 g. (21 g. on a bun)
Hot Ham & Cheese	28 g.
Lasagna Roll Up (without sauce)	19 g.
Mandarin Orange Chicken (1/2 C.)	19 g.
Macaroni & Cheese (1/2 C.)	18 g.
Meatball Sub w/ Cheese	39 g.
Nachos w/ Meat & Cheese Sauce	29 g.
Oven Baked Chicken	0 g.
Pepperoni Pizza (Tony's)	34 g.
Philly Beef Sandwich	21 g.
Pizza Burger on Bun	23 g.
Pollack Fish	31 g.
Popcorn Chicken	14 g.
Roasted Turkey/Chicken/Pork Gravy (no potatoes)	19 g. (35g. with potatoes)
Schoolmade Cheese Pizza	42 g.
Shrimp Poppers (1 C.)	22 g.
Sloppy Joes on Bun	32 g.
Spaghetti w/ Meatsauce	26.6 g.
Stuffed Crust Pizza	46 g.
Sub Sandwich (HS)	40 g.
Tater Tot Hamburger Bake (1 C.)	16 g.
Tacos	14 g.
Teriyaki Chicken Bites (2 oz.- 4pc)	8 g.
Tomato Soup	25 g.
Turkey Sandwich (Menu Sandwich)	26 g.
Vegetable Beef Soup	11 g.

### **Breakfast Items**

Bread (Banana) – 1 slice	44 g
Breakfast Pizza	23 g.
Breakfast Sandwich	22 g.
Breakfast Slider (Egg & Cheese)	20 g.
Cake Donut	49 g.
Cereal – Apple Cinnamon Cheerios	18 g.
Cereal – Apple Jacks (Reduced Sugar)	17 g.
Cereal – Cinn. Toast Crunch (Red. Sugar)	22 g.
Cereal – Cocoa Puffs	21 g.

Cereal – Cocoa Puffs (Reduced Sugar)	20 g.
Cereal – Cookie Crisp	18 g.
Cereal – Frosted Flakes (1/3 Less Sugar)	25 g.
Cereal – Frosted Mini Wheats	23 g.
Cereal – Fruit Loops	18 g.
Cereal – Fruit Loops (Reduced Sugar)	16 g.
Cereal – Fruity Frosted O's	19 g.
Cereal – Honey Nut Cheerios	22 g.
Cereal - Kix	14 g.
Cereal – Lucky Charms	23 g.
Cereal – Raisin Bran	27 g.
Cereal – Rice Chex	16 g.
Cereal – Rice Krispies	29 g.
Cereal – Trix (Reduced Sugar)	18 g.
Cheese & Crackers	21 g.
Cheese Omelet	3 g.
Cinnamon Roll (no frosting)	35 g.
Egg & Cheese Breakfast Wrap	14 g.
French Toast Sticks	33 g.
Graham Crackers (1 pkg.)	16 g.
Granola Breakfast Round	43 g.
Granola Bar	33 g.
Juice - Orange	12.25 g.
Juice - Tomato	5 g.
Mini Muffins	25 g.
Mini Pancakes	31 g.
Muffin	30 g.
Oatmeal – Quaker Apple & Cinnamon	27 g.
Oatmeal – Quaker Cinnamon & Spice	32 g.
Oatmeal – Quaker Maple & Brown Sugar	32 g.
Oatmeal – Quaker Plain	19 g.
Pancake Sausage Bites (6 pc.)	33 g.
Pancakes	34 g.
Peanut Butter & Jelly Sandwich (Uncrustable)	32 g.
Poptart	37 g.
Sausage Patty (2)	2 g.
Waffle Stix	36 g.
Yogurt	20 g.

### **Dessert Items**

Animal Crackers	20 g.
Baked Apple w/ Granola	15 g.
Bug Bites	21 g.
Fortune Cookie (1)	7 g.
Fruit Snacks	22 g.
Fruited Yogurt Parfait	25 g.
Fudgesicle	25 g.
Goldfish Crackers	19 g.
Mini Nilla Wafers	23 g.
Potato Chips	15 g.
Potato Chips (Baked)	10 g.
Trail Mix (Schoolmade) (1/4 C.)	23 g.

The estimated carbohydrate counts contained within this report and the Nutritional Analysis should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change without notice. 10/1/2015