Carbohydrate Content of **Elementary Lunch** Menu Items — Last update: 8.30.19

Menu Item Name	Serving Size	Carb Value	Fiber Value	Supper Program
Bento Entrees:				
Sweet and Sour Chicken w/ Rice	4oz Chicken and Sauce, 2/3 Cup Rice	50	1	
Teriyaki Beef Bites w/ Rice	4 Beef Bites, 2/3 c. Rice	50	2	
Tangerine Chicken w/ Rice	4oz Chicken and Sauce, 2/3 Cup Rice	56	2	
Bosco Cheesesticks w/Marinara	2 Cheesesticks w/2TBS Marinara (4g Carb Marinara)	34	5	X
Brunch for Lunch with French Toast Sticks	3 French Toast Sticks, 2 Sausage Patties, 1 Syrup Cup (21g for syrup)	51	2	
Burritos/Nachos/Tacos:				
Burrito, Individually Wrapped Los Cabos	1 Burrito - Bean and Cheese	48	7	X
Nacho Bean & Cheese	2 oz WG Chips, 1/3 c. Refried Beans, 3 oz Cheese Sauce	55	8	
Nacho Beef & Cheese	2 oz WG Chips, 1.75 oz Beef, 3 oz Cheese Sauce	41	3	
Nacho Chips & Cheese	2 oz WG Chips, 3 oz Cheese Sauce	39	2	
Taco, Bean and Cheese	2 Flour Tortillas, 1/2 c. Refried Beans, 1oz Shredded Cheese	52	12	
Taco, Beef and Cheese	2 Flour Tortillas, 3oz meat, 1oz Cheddar Cheese	32	6	
Chicken/Turkey Entrees:				
All White Meat Chicken Nugget w/ Garlic Toast	5 Nuggets, 1 Slice Garlic Toast	26	2	X
Chicken and Waffles w/ Syrup Cup	3 Crispy Chicken Strips, 2 Waffle Sticks, Syrup Cup (30g for syrup)	65	6	
Chicken Drumstick w/ Garlic Toast	1 Chicken Drumstick, 1 Piece Garlic Toast	17	2	
Chicken Tenders Crispy w/Garlic Toast	3 Strips of Crispy Chicken, 1 Slice Garlic Toast	28	4	X
Chicken Tenders Spicy w/Garlic Toast	3 Strips of Spicy Chicken, 1 Slice of Garlic Toast	28	4	X
Corn Dog/Hot Dog:				
Corn Dog, Chicken, Whole Grain	1 Chicken Corn Dog	30	5	X
Hot Dog Turkey	1 Turkey Hot Dog, 1 Whole Grain Hot Dog Bun	26	2	X
Zenner's Smoked Sausage	1 Smoked Pork and Beef Sausage, 1 Hot Dog Bun	32	2	
Deli Sandwiches:				
Turkey & Cheddar Cheese Sandwich	2 slices WW Bread, 4 slices of turkey, 2 slices of cheese	28	4	X
Turkey & Cheddar Cheese Sandwich - Hoagie	1 Hoagie Bun, 4 slices turkey, 2 slices cheese	29	2	X
Turkey Ham & Cheddar Cheese Sandwich	2 slices WW Bread, 4 slices turkey ham, 2 slice cheese	29	4	X
Turkey Ham & Cheddar Cheese Sandwich - Hoagie	1 WW Hoagie, 4 slices turkey ham, 2 slice cheese	30	2	X
Cheese Sandwich	2 slices WW Bread , 2 oz Cheese	28	4	X
Cheese Sandwich - Hoagie	WW Hoagie Roll, 2 oz Cheese	29	2	X
Fish Sticks w/Garlic Toast	4 Fish Sticks, 1 Garlic Toast	34	1	
Hot Sandwiches:				
Chicken Crispy Sandwich	Chicken Patty, WW Hamburger Bun	44	5	X
Chicken Spicy Sandwich	Chicken Patty, WW Hamburger Bun	45	5	X
Chicken Filet Sandwich	Chicken Filet Patty, WW Hamburger Bun	44	4	
Hamburger	2oz Beef Patty, WW Hamburger Bun	28	3	
Hamburger w/Cheese	2oz Beef Patty, WW Hamburger Bun, .5oz Cheese Slice	28	3	X
Rib B Que Sandwich	Rib Patty, WW Hoagie Bun	42	4	
Toasted Cheese Sandwich	2 Slices WW Bread, 2 oz Cheese	29	2	
Pasta Entrees:				
Lasagna Roll w/Garlic Toast	1 Lasagna Roll w/Sauce, 1oz Garlic Toast	49	5	
Macaroni & Cheese w/1 oz Garlic Toast	1 serving Macaroni & Cheese, 1 Slice Garlic Toast	44	3	
Pasta w/Meat Sauce	1 c. Pasta, 6 oz Meat Sauce	37	5	
Peanut Butter & Jelly (PB & J) Sandwich				
Small Peanut Butter & Grape Jelly	1 Pre-wrapped PBJ - 2.6oz	32	4	

Small Peanut Butter & Strawberry Jam	1 Pre-wrapped PBJ - 2.6oz	32	4	
Small Peanut Butter & Grape Jelly - Smucker's w/ cheese & granola	1 Pre-wrapped PBJ - 2.6oz with 1 String Cheese; 1 Granola Packet	48	6	
Small Peanut Butter & Strawberry Jam - Smucker's w/cheese & granola	1 Pre-wrapped PBJ - 2.6oz with 1 String Cheese; 1 Granola Packet	48	6	
Pizza:				
Pizza Rippers - Cheese	1 Square of pizza sticks	32	2	**X**
Pizza Rippers - Pepperoni	1 Square of pizza sticks	27	4	**X**
Roadrunner Pizza - Cheese	1 slice (1/8 of Pizza)	39	4	**X**
Roadrunner Pizza - Pepperoni	1 slice (1/8 of Pizza)	38	4	**X**
Salads/Hummus/Yogurt:				
Buffalo Chicken Salad, w/ 2oz Roll	2 strips Chicken, Romaine Lettuce, Cheese, Roll	44	6	
Crispy Chicken Salad w/ Roll	2 strips Chicken, Romaine Lettuce, Cheese, Roll	44	6	
Hummus or Chili Lime Cup w/ Chips and Cheese	1 Pre-portioned Cup of Hummus, 1oz String Cheese, 2oz Chips	30	4	
Yogurt & Granola	8oz Yogurt, 1oz Granola (2 package)	76.5	4	
Yogurt & Graham Crackers	8oz Yogurt, 1oz Graham Crackers (1 Package)	67.5	1	
Meal Components and Condiments				
Breads:				
Garlic Toast	1 oz piece of toast	12	1	
2oz Wheat Roll	2 oz Square Roll	30	3	
Granola	1 Packet	15	2	
Condiments:				
BBQ	2 TBS - Heinz Pump	9	1	
Ketchup	2 TBS - Heinz Pump	10	0	
Mayo	2 TBS - Heinz Pump	0	0	
Ranch	2 TBS - Heinz Pump	1	0	
Italian Dressing	2 TBS - Hidden Valley	8	0	
Cookies:				
Cookie, Brownie	1 Cookie	17	1	
Cookie, Chocolate Chip	1 Cookie	18	1	
Cookie, Rainbow Candy	1 Cookie	17	1	
Graham Crackers	1 Packet	21	1	
Milk				
White 1% Milk	8oz Cup	13	0	
White Non-Fat Milk	8oz Cup	13	0	
Chocolate Non-Fat Milk	8oz Cup	22	0	