

Carbohydrate Counts

Apr/May/June 2018

REDLANDS UNIFIED SCHOOL DISTRICT
Robin_hernandez@redlands.k12.ca.us

| BREAKFAST ITEMS | | | |
|--------------------------------|------|--------------------------------|------|
| Apple Cinnamon Tamale | 50 g | Cinnamon Roll, Ultra | 37 g |
| Bagels | 34 g | Dutch Waffle | 43 g |
| Cream Cheese | 1 g | Egg & Cheese Croissant | 32 g |
| Cream Cheese, strawberry | 4 g | French Toast Sticks | 26 g |
| Banana Square | 47 g | Honey bun | 39 g |
| Berry Yogurt Parfait | 51 g | Mini Maple Pancakes | 35 g |
| Breakfast Bacon Burrito | 37 g | Maple Sausage Biscuit | 34 g |
| Breakfast Crunch Bar | | Pancakes & Scrambled Eggs | 27 g |
| Triple Berry | 42g | Pancake Sausage Sandwich | 19 g |
| Lemon Chip | 41g | Pancake Turkey Wrap | 26 g |
| Breakfast Pizza Bagel | 16 g | Pizza Breakfast Bagel | 16 g |
| Breakfast Skillet | 19 g | Ranchero Brfst Burrito | 40 g |
| & Tortilla | 13 g | String Cheese | 1 g |
| Breakfast Turkey Sausage Pizza | 27 g | Turkey Sausage | 0 g |
| Cinnamon Toast | 26 g | Yogurt | 20 g |
| Cinnamon Square (MS & HS) | 45 g | Uncrustable (2.6 oz) | 32 g |
| Cereal- 1 oz | | Ultimate Breakfast Round (UBR) | 44 g |
| Cheerios, Honey Nut | 22 g | | |
| Cinnamon Toast Crunch | 22 g | LUNCH ITEMS ENTREES | |
| Frosted Mini Wheat's | 23 g | Asian Noodle Salad | 44 g |
| Rice Krispies | 23 g | w/ Fortune Cookie | 7 g |
| Cheerios | 22 g | American Sub (ES) | 30 g |
| Kix | 14 g | American Sub (MS/HS) | 36 g |
| Cereal- 2oz | | Bean Tostada | 30 g |
| Cinnamon Toast Crunch | 45 g | & Mini Pan Dulce | 15 g |
| Honey Oat Scooters | 45 g | Bean & Cheese Burrito (MS/HS) | 61 g |
| Marshmellow Mateys | 47 g | Bean & Cheese Burrito, | |
| Raisin Bran | 45 g | (ES-Senor Felix) | 41 g |
| Cheese Omelet & Toast | 27 g | Bean & Cheese Pupusa | 35 g |
| Chocolate Chip Muffin | 41 g | Bean & Cheese Quesadilla | 36 g |
| | | Beef Taquitos | 27 g |
| | | Beefy Cheesy Lasagna | 19 g |

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| & Tortilla Chips | 19 g | Galaxy Pizza, Chz/Pepp | 29 g |
| Bosco Cheese Sticks (2 sticks) | 15 g | Grilled Cheese | 30 g |
| w/ Marinara Sauce | 8 g | Hamburger | 30 g |
| Buffalo Ranch Chicken Wrap | 43 g | Hot Cuban Sandwich | 39 g |
| Buffalo Cheese Crunchers | 40 g | Hot Dog, Beef or Chicken | 32 g |
| BBQ Chicken Sandwich (MS/HS) | 64 g | Lime Fish Sticks | 32 g |
| Cheeseburger/Hamburger | 30 g | & Dinner Roll | 12 g |
| Cheeseburger Twins | 31 g | Loaded Pretzel | 34 g |
| Chicken & Cheese Tamale | 45 g | Macaroni & Cheese | 31 g |
| & Mini Pan Dulce | 15 g | & Garlic & Chz Breadstick | 30 g |
| Chicken & Green Chili Burrito | 34 g | Maple Biscuit | 33 g |
| Cheese Max Sticks (2) | 32 g | & Chicken Drumstick | 7 g |
| & Marinara Sauce | 8 g | Mini Corn Dogs (6) | 29 g |
| Cheese Pizza Wedge | 37 g | Nacho Grande | 5 g |
| Cheese Wheels | 21 g | & Chips (ES 1oz) | 19 g |
| w/ Marinara Sauce | 8 g | & Chips (MS/HS 2oz) | 28 g |
| Chicken Parmesan | 58 g | Orange Chicken & Rice Bowl | 58 g |
| Chicken Pick Up Stix | 54 g | Pizza, Ardellas Pep/Chz (ES) | 35 g |
| Chicken Sandwich (ES) | 43 g | Pizza, Big Daddy Variety (MS/HS) | 36 g |
| Chicken & Waffle (elementary) | 23 g | Pizza, Cheese Wedge | 37 g |
| Chicken & Waffle (MS & HS) | 35 g | Pizza Crunchers (4 ea) | 41 g |
| Chili Bean & Rice Bowl | 55 g | Pizza, French Bread | 30 g |
| & Tortilla Chips | 19 g | Pizza, Galaxy Cheese/Pepperoni | 29 g |
| Chili Cheese Dog | 33 g | Pizza Roll-up | 36 g |
| Corn Dog | 30 g | Pizza, Pep/Cheese Sliders | 30 g |
| Crispy Tenders | 16 g | Pizza Quesadilla | 40 g |
| & Honey Breadstick | 15 g | Popcorn Chicken | 16 g |
| Double Dogs | 32 g | & Garlic Roll | 19 g |
| Fiesta Rice & Bean Shaker | 61 g | Popcorn Chicken Salad | 38 g |
| Filet-O-Fish Sandwich | 51 g | Shamrock Nuggets | 12 g |
| French bread pizza | 30 g | & Max Cheese Stick | 18 g |

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|----------------------------------|------|------------------------------|-------|
| Shepard's Pie | 39 g | Grapes, per ½ cup | 15 g |
| & Honey Biscuit | 30 g | Kiwi, ½ cup (2 ea) | 12 g |
| Soft Turkey Tacos | 17 g | Mandarin Cuties (x2) | 20 g |
| Spicy Chicken Salad | 42 g | Oranges | 19 g |
| Spicy Chicken Sandwich (MS & HS) | 42 g | Peaches, ½ cup | 14 g |
| Spicy Chicken Tacos (MS & HS) | 42 g | Peach, whole | 14 g |
| Sweet and Sour Chicken Bowl | 61 g | Pears (each) | 16 g |
| Teriyaki Chicken & Rice | 42 g | Pear Cup | 15 g |
| Tuna Goldfish Sandwich | 22 g | Pineapples, ½ cup | 10 g |
| Turkey Cheese Croissant | 31 g | Plum, whole | 10 g |
| Turkey Slider (each) | 17 g | Raisins | 30 g |
| & Cheez-Its | 14 g | Strawberries ½ cup | 10 g |
| Uncrustable Combo | | Strawberry Craisins | 28 g |
| Sandwich | 32 g | Strawberry Cup, Frozen | 22 g |
| String Cheese | 1 g | Tomatoes, Cherry 1/2 cup | 6 g |
| Cheez-Its | 14 g | Watermelon (wedge) | 6 g |
| Wowbutter Sandwich (Albies) | 28 g | | |
| Wrapped Pup | 30 g | | |
| Yogurt, Muffin, Sunflower Seeds | 57 g | VEGGIES | |
| Zoo Nuggets | 15 g | Beans, Black ½ cup | 20 g |
| & Garlic Roll | 19 g | Beans, Kidney ½ cup | 17 g |
| | | Beans, Pinto ½ cup | 15 g |
| | | Beans, Vegetarian | 20 g |
| FRUITS | | Broccoli Florets ½ cup | 3.5 g |
| Apple, whole | 21 g | Cabbage Cup, ½ cup (MS & HS) | 1 g |
| Apples, Sliced per ½ cup | 8 g | Carrots (All), ½ cup | 5.5 g |
| Applesauce Cup | 14 g | Celery Sticks ½ cup | 2 g |
| Banana | 28 g | Chili Bean Cup (hot), ½ cup | 18 g |
| Blueberries, ½ cup | 10 g | Corn, ½ cup | 15 g |
| Fruit cup, Mixed | 15 g | Cucumber, Baby | 5 g |
| Frozen Juice Cup | 20 g | Cucumber Slices, ½ cup | 3 g |
| | | Firehouse Beans, ½ cup | 30 g |

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| Fruit Burst, assorted | 14 g | Cheetos, Oven Baked | 18 g |
| Green Peas, ½ cup | 11 g | Cheez-Its | 14 g |
| Go'Bonzos, Spicy Nacho | 24 g | Corn Bread (HS) | 38 g |
| Jicama, ½ cup | 6 g | Granola | 26 g |
| Lettuce, 1 cup | 1 g | Gold Fish Crackers | 15 g |
| Olives, Black Pitted ½ cup | 2 g | Jungle Crackers | 22 g |
| Pickles 1/2 cup | 2 g | Minion Crackers | 21 g |
| Potatoes, Oven Baked Fries | 22 g | Nacho Doritos | 20 g |
| Red Bell Peppers, ½ cup | 3 g | Pop-Chips, Variety | 20 g |
| Romaine Mix, 1 cup | 2 g | Pretzel Sticklets | 17 g |
| Tomatoes, ½ cup | 2.5 g | Tortilla Chips | 19 g |
| Yellow Squash Coins, ½ cup | 2 g | Vanilla Wafers | 19 g |
| Zucchini Sticks, ½ cup | 2 g | Waffle Maple, Graham Crackers | 20 g |

BEVERAGES

| | |
|-----------------------------|------|
| Apple Berry Juice, 4 oz | 14 g |
| Apple Berry Juice, 8 oz | 27 g |
| Apple Juice, 4 oz | 14 g |
| Apple Juice, 8 oz | 28 g |
| Milk, 1/2 pt, Chocolate, NF | 20 g |
| Milk, 12 oz, Chocolate, NF | 31 g |
| Milk, 1/2 pt, White, 1% | 16 g |
| Milk, 12 oz, White 1 % | 24 g |
| Milk, 1/2 pt, White, NF | 12 g |
| Orange Juice, 4 oz | 14 g |
| Orange Juice, 8 oz | 28 g |

BREADS & GRAIN SNACKS

| | |
|---------------------|------|
| Animal Snackers | 18 g |
| Baked Lays, Variety | 14 g |
| Cheese Corn | 6 g |

SUPER SNACKS

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|--|
| Cereal/ Yogurt Box: Kix cereal 14g, Yogurt 18g, Seeds 11g, Pear 16g, Jicama 7g |
| Trail Mix Box: Trail mix 35g, Crackers 14g, String Cheese 1g, Jicama 6g |
| Yogurt/Granola Box: Yogurt 18g, Granola 26g, Cheese Cubes 1g, Baby Carrots 5g, Raisels 34g |
| Lunchable Box: Jenni-o turkey stick 0g, Cheese cubes 1g, Goldfish crackers 15 g, Celery 2g, Fruit Burst 14g |
| Uncrustable Box: Uncrustable 32g, String Cheese 1g, Baby Carrots 5g, Applesauce 14g |
| Yogurt/Muffin Box: Yogurt 18g, Muffin 39g, Apple 20g, Baby Carrots 5g |

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Bagel Box: Mini Bagel 14g, PB 8g, Yogurt,
18g, Cream Cheese 1g, Raisels 34g &
Carrots 5g

PB&J Bar Box: PB & J Bar 41 g, String
cheese 1g, Applesauce 14 g, Zucchini 2.5g

DESSERT & OTHER

| | |
|-----------------------------|------|
| Jelly, Asst. | 9 g |
| Go'Bonzos, Spicy Nacho | 24 g |
| Mini Choc. Chip Cookies | 19 g |
| Mini Shortbread Cookies | 17 g |
| Peanut Butter Cup | 8 g |
| Shamrock Cookie | 16 g |
| Sunflower Kernels, Hny Rstd | 4 g |
| Syrup | 32g |