





# Carbohydrate Counts

## February/March 2018

REDLANDS UNIFIED SCHOOL DISTRICT  
Robin\_hernandez@redlands.k12.ca.us

Hot Dog on Bun	32 g	Spicy Chicken Sandwich (MS & HS)	42 g
Lasagna Roll	38 g	Spicy Chicken Tacos (MS & HS)	42 g
& Wheat Roll	17 g	Soft Turkey Tacos	17 g
Lasagna, Beefy Cheesy	19 g	Sweet and Sour Chicken	18 g
& Tortilla Chips	19 g	& Rice	43 g
Lime Fish Sticks	32 g	Chicken & Cheese Tamale	45 g
& Dinner Roll	12 g	& Mini Pan Dulce	15 g
Macaroni & Cheese	31 g	Teriyaki Chicken & Brown Rice	42 g
& Garlic & Chz Breadstick	30 g	Tuna Goldfish Sandwich	22 g
Max Sticks (2)	32 g	Turkey Cheese Croissant	31 g
& Marinara Sauce	8 g	Turkey Gravy Potatoes	19 g
MB Bean & Cheese Quesadilla	36 g	& Biscuit	17 g
Mini Corn Dogs (6)	29 g	Turkey Slider (each)	17 g
Nacho Grande	5 g	& Cheez-Its	14 g
& Chips (ES 1oz)	19 g	Uncrustable Sandwich	32 g
& Chips (MS/HS 2oz)	28 g	Wowbutter Sandwich	28 g
Orange Chicken & Rice Bowl	58 g	Wrapped Pup	30 g
Oven Baked Fries	22 g	Yogurt, Muffin, Sunflower Seeds	57g
Pizza, Galaxy (ES)	32 g		
Pepperoni Pizza Sliders	30 g	<b>FRUITS</b>	
Pick Up Stix Orange Chicken	54 g	Apple, Pink Lady	21 g
Pizza, 4-Meat, Big Daddy(MS/HS)	36 g	Applesauce Cup	14 g
Pizza, Buffalo Chicken	35 g	Sliced Apples, per ½ cup	8 g
Pizza, Cheese, Big Daddy(MS/HS)	36 g	Bananas	28 g
Pizza, Cheese Wedge	37 g	Blueberry, Frozen, ½ cup	10 g
Pizza Crunchers (4 ea)	41 g	Fuji Apple	18 g
Pizza Sliders Pepp/Cheese	30 g	Fruit cup, Mixed	15 g
Popcorn Chicken	16 g	Grapes, per ½ cup	15 g
& Garlic Roll	19 g	Kiwi (2 ea)	12 g
Popcorn Chicken Salad	38 g	Oranges	19 g
Spicy Chicken Salad	42 g	Peach Cup, slices	14 g

Last Revised 1/19/2018

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Peach, whole	14g	Crackers, Animal Snackers	18g
Pears (each)	16 g	Crackers, Graham MJM	20 g
Diced Pear Cup	15 g	Cracker, J&J WG Jungle	22g
Pineapple Cup	10 g	Dinner Roll	8 g
Plum, whole	10 g	Granola	26 g
Raisins	30 g	Go'Bonzos, Spicy Nacho	24 g
Strawberry, per ½ cup (salad bar)	10 g	Kettle Corn	15 g
Strawberry Craisins	28 g	Mini Banana Muffin	19 g
Strawberry Cup, Frozen	22 g	Nacho Doritos	20 g
Tangelos	18 g	Oven Baked Cheetos	18 g
Mandarin Cuties (x2)	20 g	Pretzel Sticklets	17 g
Tomatoes Cherry, ¼ cup	3 g	Vanilla Wafers	19 g
Watermelon (wedge)	6 g	Tortilla Chips	19 g
		Waffle Maple, Graham Crackers	72 g

### DESSERT & OTHER

Chocolate Pudding	20 g
Skeeter Mini Choc. Chip cookies	19 g
Skeeter, Shortbread Mini	17 g
Cracker, J&J WG Jungle	22 g
Holiday Cookie	24 g
Jelly, Asst.	9 g
Peanut Butter Cup	8 g
Sunflower Kernels, Hny Rstd	4 g
Syrup	32g

### SUPER SNACKS

Bagel, PB, & Yogurt	2 g
PB&J Bar	41 g
Lunchable	31 g
Yogurt and Muffin	73 g
Cereal, Yogurt, & Seeds	2 g

### BREADS & GRAIN SNACKS

Baked Lays Crisps Variety	14 g
Pop-Chips (Variety)	20 g
Cheese Corn	6 g
Cheez-Its	14 g
Corn Bread (HS)	38 g

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