

# Carbohydrate Counts

## Oct/Nov 2017

REDLANDS UNIFIED SCHOOL DISTRICT

Robin\_hernandez@redlands.k12.ca.us

### BREAKFAST ITEMS

Bagels	34 g	Beans, Black ¼ cup	10 g
Cream Cheese	1 g	Beans, Kidney ¼ cup	9 g
Cream Cheese, strawberry	4 g	Beans, Pinto ¼ cup	7 g
Berry Yogurt Parfait	51 g	Broccoli Florets	7 g
Breakfast Bacon Burrito	37 g	Cabbage Cup, ½ cup (MS & HS)	2 g
Breakfast Crunch Bar		Carrot Coins, ¼ cup	3 g
Triple Berry	42g	Carrot Sticks	6 g
Lemon Chip	41g	Celery Sticks ½ cup	2 g
Breakfast Turkey Sausage Pizza	27 g	Corn, ¼ cup	8 g
		Corn Cup, 1 serving	17 g
		Cucumber, Baby	5 g
		Cucumber Slices, ½ cup	3 g
		Firehouse Beans, ½ cup	30 g
		Green Peas	11 g
		Jicama	7 g
		Lettuce 4-Way Mix	2 g
		Shredded Carrots	5 g
		Red Bell Peppers, ½ cup	2.7 g
		Romaine Mix	3 g
		Tomatoes, Cherry (¼ cup)	3 g
		Veggie Beans	14 g
		Yellow Squash Coins	2 g
		Zucchini Sticks, 1 serving	2 g
		Olives, Black Pitted	1g

### Cereal

### BEVERAGES

### VEGGIES

Baby Carrots, ½ cup	5 g	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
		Frozen Juice, Ice Dog	17 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

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Milk, 1/2 pt, White, NF	12 g	Lasagna Roll	38 g
Orange Juice, 4 oz	14 g	& Wheat Roll	17 g
Orange Juice, 8 oz	28 g	Lasagna, Beefy Cheesy	19 g
		& Tortilla Chips	19 g
		Macaroni & Cheese	31 g
		& Garlic & Chz Breadstick	30 g
		Oven Baked Fries	22 g
		Pizza, Galaxy (ES)	32 g
		Pepperoni Pizza Slider	30 g
		Pick Up Stix Orange Chicken	54 g
		Pizza, 4-Meat, Big Daddy (MS/HS)	36 g
		Pizza, Cheese, Big Daddy (MS/HS)	36 g
		Pizza, Cheese Wedge	37 g
		Pizza Crunchers (ES)	41 g
		Pizza Sliders Pepp/Cheese	30 g
		Popcorn Chicken	16 g
		& Garlic Roll	19 g
		Popcorn Chicken Salad	38 g
		Spicy Chicken Salad	42 g
		Spicy Chicken Sandwich (MS & HS)	42 g
		Spicy Chicken Tacos (MS & HS)	42 g
		Tamale	45 g
		Teriyaki Chicken & Brown Rice	40 g
		Turkey Slider (each)	17 g
		Uncrustable Sandwich	32 g
		Wowbutter	28 g
		Wrapped Pup	30 g
		Yogurt, Muffin, Sunflower Seeds	57 g
		<b>FRUITS</b>	
		Apple, Pink Lady	21 g
		Applesauce Cup	14 g
		Sliced Apples	8 g
		Bananas	28 g
		Blueberry, Frozen, ½ cup	10 g

### LUNCH ITEMS ENTREES

BBQ Chicken	24 g
Beef Ravioli	30 g
& Dinner Roll	7 g
Bosco Breadstick (each; 2/meal)	15 g
w/ Marinara Sauce	8 g
Buffalo Chicken Wrap	54 g
Burrito, Bean and Cheese (MS/HS)	62 g
Burrito, B&C, Senior Felix	41 g
Cheeseburger (MS & HS)	30 g
Cheeseburger Twins	31 g
Cheese Crescent	34 g
Cheese Pizza Wedge	37 g
Cheese Wheels	21 g
w/ Mariana Sauce	8 g
Chef Salad	6 g
& wheat roll	32 g
& corn muffin	44 g
Chicken Crispy Rounds	13 g
& Garlic Roll	19 g
& Breadstick, Honey Wheat	15 g
Chicken & Green Chili Burrito	34 g
Chicken Pick Up Stix	54 g
Chicken Taquitos	27 g
Corn Dog	30 g
Double Dogs	32 g
Galaxy Pizza	32 g
Garlic & cheese Breadstick	31 g
Grilled Cheese	30 g
Hot Cuban Sandwich	39 g
Hot Dog on Bun	32 g

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Fuji Apple	18 g	Pop-Chips (Variety)	20 g
Fruit cup, Mixed	15 g	Cheese Corn	6 g
Grapes, Escapes Red, per ½ cup	8 g	Corn Bread (HS)	38 g
Green Grapes, per ½ cup	15 g	Crackers, Animal Snackers	18g
Kiwi	8 g	Crackers, Graham MJM	20 g
Oranges	19 g	Cracker, J&J WG Jungle	22g
Peach Cup, slices	14 g	Dinner Roll	8 g
Peach, whole	14g	Granola	26 g
Pears (each)	16 g	Go'Bonzos, Spicy Nacho	24 g
Diced Pear Cup	15 g	Kettle Corn	15 g
Persimmons	31 g	Mini Banana Muffin	19 g
Pineapple Cup	10 g	Nacho Doritos	20 g
Plum, whole	10g	Oven Baked Cheetos	18 g
Raisins	30 g	Pretzel Sticklelets	17 g
Strawberry, per ½ cup (salad bar)	10 g	Vanilla Wafers	19 g
Strawberry Craisins	28 g	Tortilla Chips	19 g
Strawberry Cup, Frozen	22 g	Waffle Maple, Graham Crackers	72 g
Tangelos	18 g		
Tangerines (x2)	20 g		
Tomatoes Cherry, ¼ cup	3 g		
Watermelon (wedge)	6 g		

### DESSERT & OTHER

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

### BREADS & GRAIN SNACKS

Baked Lays Crisps Variety	14 g
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