

# Carbohydrate Counts

Oct/Nov 2018

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

<b>BREAKFAST ITEMS</b>			
		Cheese Omelet & Toast	27 g
Apple Cinnamon Tamale	50 g	Chocolate Chip Muffin	41 g
Bagels	34 g	Cinnamon Roll, Ultra	37 g
Cream Cheese	1 g	Dutch Waffle	43 g
Cream Cheese, strawberry	4 g	Egg & Cheese Croissant	32 g
Banana Square	47 g	Egg & Beef Sausage Muffin	25 g
Berry Yogurt Parfait	51 g	Egg & Beef Sausage Ciabatta	34 g
Blueberry Muffin	41 g	French Toast Sticks	26 g
Breakfast Bacon Burrito	37 g	Honey bun	39 g
Breakfast Crunch Bar		Mini Maple Pancakes	35 g
Triple Berry	42g	Maple Sausage Biscuit	34 g
Lemon Chip	41g	Muffin, Blueberry	41 g
Breakfast Pizza Bagel	16 g	Muffin, Chocolate Chip 3oz	41 g
Breakfast Skillet	19 g	Muffin, Double Chocolate 3oz	40 g
& Tortilla	13 g	Pancakes & Scrambled Eggs	27 g
Breakfast Turkey Sausage Pizza	27 g	Pancake Sausage Sandwich	19 g
Cinnamon Toast	26 g	Pancake Turkey Wrap	26 g
Cinnamon Square (MS & HS)	45 g	Pizza Breakfast Bagel	16 g
Cereal- 1 oz		Ranchero Brfst Burrito	40 g
Cheerios, Honey Nut	22 g	String Cheese	1 g
Cinnamon Toast Crunch	22 g	Turkey Sausage	0 g
Frosted Mini Wheat's	23 g	Yogurt, Go Big tube	18 g
Rice Krispies	23 g	Yogurt, Trix	20 g
Cheerios	22 g	Uncrustable (2.6 oz)	32 g
Kix	14 g	Ultimate Breakfast Round (UBR)	44 g
Cereal- 2oz			
Cinnamon Toast Crunch	45 g		
Honey Oat Scooters	45 g		
Marshmallow Mateys	47 g		
Raisin Bran	45 g		
		<b>LUNCH ITEMS ENTREES</b>	
		Asian Noodle Salad	44 g
		w/ Fortune Cookie	7 g
		American Sub (ES)	30 g
		American Sub (MS/HS)	36 g

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Beef & Cheese Taco Stick	31 g	Cheese Max Sticks (2)	32 g
Beef Taco Salad		& Marinara Sauce	8 g
19 g & Chips		Cheese Pizza Wedge	37 g
31 g		Cheese Wheels	21 g
Bean Tostada	30 g	w/ Marinara Sauce	8 g
& Mini Pan Dulce	15 g	Chicken Little Sliders	30 g
Bean & Cheese Burrito (MS/HS)	61 g	Chicken Sandwich (ES)	43 g
Bean & Cheese Burrito,		Chicken & Waffle (elementary)	23 g
(ES-Senor Felix)	41 g	Chicken & Waffles (MS & HS)	35 g
Bean & Cheese Pupusa	35 g	Chili Bean & Rice Bowl	55 g
Bean & Cheese Quesadilla	36 g	& Tortilla Chips	19 g
Beef/Chicken Taquitos	27 g	Chili Cheese Dog	33 g
Beef Tacos	27 g	Corn Dog	30 g
Beef & Cheese Chimichanga	43 g	Crispy Tenders	16 g
Beefy Cheesy Lasagna	19 g	& Honey Breadstick	15 g
& Tortilla Chips	19 g	& Cheesy Garlic Breadstick	13 g
Bosco Cheese Sticks (2 sticks)	15 g	Domino's Smart Slice: Chz/Pepp	39 g
w/ Marinara Sauce	8 g	Double Dogs	32 g
Buffalo Ranch Chicken Wrap	43 g	Fiesta Rice & Bean Shaker	61 g
Buffalo Cheese Crunchers	40 g	Fiesta Wet Burrito	50 g
BBQ Pulled Pork Sandwich	46 g	Filet-O-Fish Sandwich	51 g
Ciabatta Turkey Deli Sandwich	31 g	French bread pizza	30 g
Cheeseburger/Hamburger	30 g	Galaxy Pizza, Chz/Pepp	29 g
Cheeseburger Twins	31 g	Grilled Cheese	30 g
Cheese Quesadilla	35 g	Hamburger	30 g
Chef Salad w/ Diced Chicken	4 g &	Halloween Nuggets	15 g
Cornbread	23 g	& Garlic Roll	19 g
Chicken & Cheese Tamale	45 g	Hot Cuban Sandwich	39 g
& Mini Pan Dulce	15 g	Hot Dog, Beef or Chicken	32 g
Chicken & Green Chili Burrito	34 g	Lime Fish Sticks	32 g
Crispy Chicken Rounds	13 g	& Dinner Roll	12 g
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Loaded Pretzel	34 g	Sloppy Joe on a Bun	36 g
Macaroni & Cheese (ES)	31 g	Soft Turkey Tacos	17 g
& Large Dinner Roll	32 g	Spicy Chicken Salad	19 g
& Garlic & Chz Breadstick	30 g	w/ Dinner Roll	12 g
Maple Biscuit	33 g	Spicy Chicken Sandwich (MS & HS)	45 g
& Chicken Drumstick	7 g	Spicy Chicken Tacos (MS & HS)	42 g
Meatball Sub Sandwich	45 g	Sweet and Sour Chicken Bowl	61 g
Mini Corn Dogs (6)	29 g	Sweet Chili Thai Ckn Bowl (MS/HS)	66g
Nacho Grande	5 g	Tamale	45 g
& Chips (ES 1oz)	19 g	& Mini Pan Dulce	15 g
& Chips (MS/HS 2oz)	28 g	Teriyaki Chicken & Chow Mein	57 g
Orange Chicken & Brown Rice	58 g	& Fortune Cookie	7 g
Pepperoni & Cheese Lil Bites	29 g	Turkey Cheese Croissant	31 g
Pillow Pull Aparts	29 g	Turkey Stick, Cheese & Cracker	
Pizza, Ardellas Pep/Chz (ES)	35 g	Turkey	0 g
Pizza, Big Daddy Variety (MS/HS)	36 g	String Cheese	1 g
Pizza, Domino's Smart Slice Variety	39 g	Wheat Crackers	29 g
Pizza, Cheese (Elem)	33 g	Turkey Slider (each)	17 g
Pizza, Cheese Wedge	37 g	& Cheez-Its	14 g
Pizza Crunchers (4 ea)	41 g	Uncrustable Sandwich (MS/HS)	
Pizza, Galaxy Cheese/Pepperoni	29 g	Uncrustable Combo (ES)	
Pizza Roll-up	36 g	Sandwich	32 g
Pizza,Pep/Cheese Sliders	30 g	String Cheese	1 g
Pizza Quesadilla	40 g	Western Burger	66 g
Popcorn Chicken	16 g	Wowbutter Sandwich (Albies) (ES)	28 g
& Garlic Roll	19 g	Wowbutter Sandwich (MS/HS)	55 g
Popcorn Chicken Salad	38 g	Yogurt, Muffin, Sunflower Seeds	
Shamrock Nuggets	12 g	Yogurt, Go Big	18 g
& Max Cheese Stick	18 g	Honey Lemon Loaf	31 g
Shepard's Pie	39 g	Sunflower Seeds	11
& Honey Biscuit	30 g	Zoo Nuggets	15 g

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& Garlic Roll	19 g	Beans, Kidney ½ cup	17 g
		Beans, Pinto ½ cup	15 g
		Beans, Vegetarian	20 g
		Broccoli Florets ½ cup	3.5 g
		Cabbage Cup, ½ cup (MS & HS)	1 g
		Carrots (All), ½ cup	5.5 g
		Celery Sticks ½ cup	2 g
		Chili Bean Cup (hot), ½ cup	18 g
		Corn, ½ cup	15 g
		Cucumber, Baby	5 g
		Cucumber Slices, ½ cup	3 g
		Firehouse Beans, ½ cup	30 g
		Fruit Burst, assorted	14 g
		Green Peas, ½ cup	11 g
		Go'Bonzos, Spicy Nacho	24 g
		Jicama, ½ cup	6 g
		Lettuce, 1 cup	1 g
		Olives, Black Pitted ½ cup	2 g
		Pickles 1/2 cup	2 g
		Potatoes, Oven Baked Fries	22 g
		Red Bell Peppers, ½ cup	3 g
		Romaine Mix, 1 cup	2 g
		Tomatoes, ½ cup	2.5 g
		Yellow Squash Coins, ½ cup	2 g
		Zucchini Sticks, ½ cup	2 g
		<b>BEVERAGES</b>	
		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
		<b>FRUITS</b>	
Apple, whole	21 g		
Apples, Sliced per ½ cup	8 g		
Applesauce Cup	14 g		
Banana	28 g		
Blueberries, ½ cup	10 g		
Craisins	28 g		
Fruit cup, Mixed	15 g		
Frozen Juice Cup	20 g		
Grapes, per ½ cup	15 g		
Kiwi, ½ cup (2 ea)	12 g		
Mandarin Cuties (x2)	20 g		
Oranges	19 g		
Peaches, ½ cup	14 g		
Peach, Frozen cup	19 g		
Pears (each)	16 g		
Pear Cup	15 g		
Pineapples, ½ cup	10 g		
Plum, whole	10 g		
Raisins	30 g		
Strawberries ½ cup	10 g		
Strawberry Craisins	28 g		
Strawberry Cup, Frozen	22 g		
Tomatoes, Cherry 1/2 cup	6 g		
Watermelon (wedge)	6 g		
HOLIDAY: Chilin Bat Ice	29 g		
		<b>VEGGIES</b>	
Beans, Black ½ cup	20 g		

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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
Cheetos, Oven Baked	18 g
Cheez-Its	14 g
Corn Bread (HS)	38 g
Granola	26 g
Gold Fish Crackers	15 g
Theme Sweet Crackers	22 g
Nacho Doritos	20 g
Pop-Chips, Variety	20 g
Pretzel Sticklets	17 g
Tortilla Chips	19 g
Vanilla Wafers	19 g
Waffle Maple, Graham Crackers	20 g

### SUPER SNACKS

<b>Cereal/ Yogurt Box:</b> Kix cereal 14g, Yogurt 18g, Seeds 11g, Carrots 5.5 g, Plum 10 g
<b>Turkey Cheese Roll Up Box:</b> Roll up 14 g, Applesauce 14 g, Go bonzos 24 g

**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

**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

**Tortilla Chips & Cheese Cup Box:** Chips  
28g, Cheese cup 1 g, Sunflower Seeds 11g,  
Celery 2g, Fruit Burst 14 g

**Mini Pretzel Box:** Mini Pretzel 14 g,  
Cheese curds 0g, Jicama 6g, Craisins 28 g

### DESSERT & OTHER

Crackers	14 g
Jelly, Asst.	9 g
Go'Bonzos, Spicy Nacho	24 g
Mini Choc. Chip Cookies	19 g
Mini Shortbread Cookies	17 g
Back 2 School Cracker	22 g
Peanut Butter Cup	8 g
Holiday Cookie	16 g

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Sunflower Kernels, Hny Rstd	11 g
Syrup	32 g