

# Carbohydrate Counts

## April/May 2017

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

<b>BREAKFAST ITEM</b>			
Apple Cinnamon Crumble	51 g	Turkey Sausage	0 g
Assorted Bagels	36 g	Yogurt	20 g
Cream Cheese	1 g		
Berry Yogurt Parfait	55 g	<b>VEGGIES</b>	
Breakfast Bacon Burritos	37 g	Baby Carrots, ½ cup	5 g
Breakfast Pizza	27 g	Beans, Black ¼ cup	10 g
Breakfast Pizza Pocket	17 g	Beans, Kidney ¼ cup	9 g
Breakfast Skillet	19 g	Broccoli Florets	7 g
& Tortilla	13 g	Cabbage Cup, ½ cup (MS & HS)	2 g
Breakfast Turkey Pizza	27 g	Carrot Sticks	6 g
<b>Cereal</b>		Celery Sticks ½ cup	2 g
Cheerios	22 g	Corn	8 g
Cinnamon Toast Crunch	22 g	Corn Cup, 1 serving	17 g
Frosted Mini Wheat's	23 g	Cucumber Slices, ½ cup	3 g
Rice Krispy's	23 g	Firehouse Beans, ½ cup	30 g
Cheerios	22 g	Green Peas	11 g
Cheese Pull-Apart	37 g	Jicama	7 g
Chocolate Muffin	58 g	Shredded Carrots	5 g
Cinnamon Glazed Pancake	35 g	Red Bell Peppers, ½ cup	2.7 g
Cinnamon Toast	26 g	Romaine Mix	3 g
Cinnamon Roll	37 g	Teriyaki Broccoli & Carrots	9 g
Dutch Waffle	43 g	Tomatoes, Cherry (¼ cup)	3 g
Egg & Cheese Croissant	32 g	Veggie Beans	14 g
Egg & Beef Sausage Muffin	25 g	Yellow Squash Coins	2 g
French Toast	37 g	Zucchini Sticks, 1 serving	2 g
French toast Sticks	26g		
Honey Bun	39 g	<b>BEVERAGES</b>	
Maple Waffles	35 g	Apple Berry Juice, 4 oz	14 g
Muffin Top, Blueberry	37 g	Apple Berry Juice, 8 oz	30 g
Mini Maple Pancakes	35 g	Apple Juice, 4 oz	14 g
Pancake Turkey Wrap	17 g	Apple Juice, 8 oz	30 g
Potato Smiles, 2 each	10 g	Milk, 1/2 pt, Chocolate, NF	20 g
String Cheese	1 g	Milk, 12 oz, Chocolate, NF	31 g
Turkey Breakfast Wrap	26 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	Grilled Cheese	30 g
Orange Juice, 4 oz	14 g	Hamburger	28 g
Orange Juice, 8 oz	30 g	Holiday Chicken Nuggets	14 g
		Holiday Ham Lunch	41 g
		Hot Dog on Bun	32 g
		Italian (pizza) Nada	40 g
		Kung Pao Chicken	23 g
		Lasagna Roll	38 g
		& Wheat Roll	17 g
		Macaroni & Cheese	31 g
		& Garlic & Chz Breadstick	30 g
		Nacho Grande and Tortilla Chips	23 g
		Oven Baked Fries	22 g
		Pepperoni Pizza (ES)	32 g
		Pepperoni Pizza (MS & HS)	35 g
		Pepperoni Pizza Slider	30 g
		Pick Up Stix Orange Chicken	54 g
		Pizza, Cheese (MS & HS)	36 g
		Pizza Crunchers (ES)	41 g
		Pizza Pocket (HS)	32 g
		Pizza Sliders Pepp/Cheese	30 g
		Pizza, Turkey	40 g
		Pizzarito	39 g
		Popcorn Chicken	16 g
		& Garlic Roll	19 g
		Popcorn Chicken Salad	38 g
		Senor Felix Burrito	41 g
		Soft Beef Taco (ES)	18 g
		Spaghetti with Meat Sauce	38 g
		Spicy Chicken Pizza	30 g
		Spicy Chicken Salad	42 g
		Spicy Chicken Sandwich (MS & HS)	42 g
		Spicy Chicken Tacos (MS & HS)	42 g
		Taco Quesadilla	29 g
		Tamale	45 g

### LUNCH ITEMS ENTREES

BBQ Chicken	24 g
Beef & Cheese Lasagna	20 g
w/ Chips	20 g
Beef Taco	17 g
& Pan Dulce	15 g
Beef Taquito (2 taquitos)	27 g
Bosco Breadstick (each; 2/meal)	17 g
w/ Marinara Sauce	8 g
Buffalo Chicken Wrap	54 g
Burrito, Bean & Cheese (ES)	31 g
Burrito, Bean and Cheese (MS/HS)	62 g
Cheeseburger (MS & HS)	30 g
Cheeseburger Twins	31 g
Cheese Calzone	42 g
Cheese Pizza	36 g
Cheese Pizza Wedge	37 g
Chicken Crispy Rounds	13 g
& Garlic Roll	19 g
Chicken Pick Up Stix	54 g
Chicken Sandwich	42 g
Chicken Taquitos	27 g
Chicken & Waffles (ES)	25 g
Chicken & Waffles (MS/HS)	39 g
Chili Beans & Rice	42 g
Corn Dog	30 g
Double Dogs	32 g
Egg Roll	22 g
French Bread Pizza	30 g
Galaxy Pizza	32 g
Garlic & cheese Breadstick	31 g

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Teriyaki Chicken & Rice (MS & HS)	51 g
Teriyaki Dippers & Rice	43 g
Toasted Turkey & Cheese Sandwich	27 g
Tostada	33 g
& Pan Dulce	15 g
Turkey Gravy Mashed Potatoes	18 g
Turkey Cheese Croissant	32 g
Turkey Deli Sandwich	29 g
Turkey Slider (each)	17 g
Tamale	17 g
Uncrustable Sandwich	32 g
Yogurt, Muffin, Sunflower Seeds	43 g

### FRUITS

Apple	21 g
Applesauce Cup	14 g
Apple Mini (each)	7 g
Sliced Apples	8 g
Bananas	28 g
Fruit Spread	9 g
Fuji Apple	18 g
Green Grapes	15 g
Kiwi	8 g
Oranges	19 g
Peach Cup	14 g
Pears (each)	16 g
Pear Cup	15 g
Pineapple Cup	10 g
Raisins	30 g
Strawberry, per ½ cup (salad bar)	10 g
Strawberry Craisins	28 g
Strawberry Cup, Frozen	22 g
Tangelos	18 g
Tangerines (x2)	20 g
Watermelon (1 cup)	11 g

### DESSERT & OTHER

Chocolate Pudding	20 g
Chortles	22 g
Christmas Cookie	20 g
Jello with Mixed Fruit	36 g
Peanut Butter Cup	8 g
Snicker doodle	20 g
Valentine Cookie	16 g

### BREADS & GRAIN SNACKS

Pop-Chips (Variety)	20 g
Choc Chip Cookies	22 g
Coco Chips, Mini	19 g
Cinnamon Crackers	21 g
Corn Bread (HS)	38 g
Crackers	20 g
Dinner Roll	8 g
Granola	26 g
Mini Banana Muffin	19 g
Nacho Doritos	20 g
Oven Baked Cheetos	18 g
Pop Chips	19 g
Pretzel Stickleets	17 g
Sunflower Kernels	4 g
Vanilla Wafers	19 g
Tortilla Chips	19 g
Waffle Maple, Graham Crackers	72 g