

# Carbohydrate Counts - August/September/October 2019

Redlands Unified School District

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<b>LUNCH ITEMS</b>			
<b>Food Product</b>	<b>Carbs (g)</b>	<b>Food Product</b>	<b>Carbs (g)</b>
American Sub Sandwich	29	Pizza, "Big Daddy":	
Bagel Box:		Buffalo Chicken	35
Bagel, Whole Wheat	34	Primo Four Cheese	35
Sunflower Seeds	11	Primo Pepperoni	35
Cheese Cubes	0	Pizza Crunchers	41
Cream Cheese	1	Popcorn Chicken	5
BBQ Pulled Pork Sandwich	42	& Garlic Roll	18
Breadsticks, Bosco	30	Spicy Chicken Salad	19
& Marinara Sauce	8	& Roll	12
Bean & Cheese Burrito, MS/HS	48	Spicy Chicken Sandwich	45
Bean and Cheese Burrito, Los Cabos	41	Sweet Chili Thai Chicken Bowl	73
Bean Tostada	33	Spaghetti & Meatballs	30
Cheese Maxsticks	32	Turkey Deli Sandwich	27
& Marinara Sauce	8	Turkey Tacos	19
Cheeseburger	30	Tamale, Chicken (Elem)	28
Crispy Chicken Rounds	13	Tamale, Chicken & Cheese (MS/HS)	45
& Garlic Toast	15	Teriyaki Dippers & Brown Rice	50
Chicken Caesar Wrap	34	Three Cheese Cavatappi	28
Chicken Sandwich	43	Teriyaki Chicken & Chowmein	36
Chicken Tenders	14	& Fortune Cookie	7
& Honey Biscuit	15	Tortilla Chips, Cheese & Go Bonzos	
Chicken & Waffles	33	Chips, Tortilla	31
Double Dogs, MB Beef	30	Cheese Cup,	14
Hot Cuban Sandwich	35	Go Bonzos	12
Hot Dog on Bun, Beef	30	Uncrustable (5.3, Large):	
French Bread Cheese Garlic Pizza	30	Grape	64
Mac & Cheese	50	Strawberry	64
w/ Garlic Roll	18	Uncrustable Combo:	
Orange Chicken	19	Grape Sandwich (Small)	32
w/Brown Rice	44	String Cheese	0
Pepper Jack Cheese Enchilladas	32	Western Burger	55
Pick-Up-Stix Orange Chicken	54	Wow Butter Sandwich (4.6 oz, Large)	55
Peach Yogurt Parfait (large)	96	Wow Butter Combo:	
Pizza:		Grape Sandwich	28
Ardellas Cheese (Elem.)	35	String Cheese	0
Cheesy Garlic French Bread Pizza	30	Yogurt (Strawberry/Banana)	20
Domino's Cheese or Pepperoni	39	Muffin (Blueberry)	39
		Seeds	11

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<b>BREAKFAST ITEMS</b>			
<b>Food Product</b>	<b>Carbs (g)</b>	<b>Food Product</b>	<b>Carbs (g)</b>
Bagel, Whole Wheat	34	Honeybun	39
Breakfast Turkey Sausage Pizza	27	Honey Lemon Loaf	31
Berry Yogurt Parfait (small)	45	Maple Sausage Biscuit	34
Blueberry Muffin	39	Mini-Blueberry Waffles	38
Breakfast Bacon Burrito	37	Mini Maple Pancakes	39
Cereal (2 oz):		Pan Dulce	34
Cheerios, Multigrain	23	Scrambled Eggs	1
Cinnamon Toast Crunch	45	String Cheese	0
Corn Chex	24	Ultimate Breakfast Round:	
Frosted Mini Wheats	23	Cinnamon	44
Honey Scooter	45	Sunberry Blast	44
Marshmallow Matey's	47	Uncrustable (2.6oz, Small):	
Mini Blueberry Spooners	47	Grape	32
Mini Strawberry Spooners	47	Strawberry	32
Raisin Bran	45	Yogurt:	
Rice Chex (1 oz)	24	Cherry, Trix	20
Rice Krispies	23	Peach, Land O Lakes	17
Dutch Waffle	43	Strawberry/Banana, Danimals	17
Egg & Cheese Croissant	32	Straw/Banana, Trix	20
French Toast Sticks	26	Raspberry, Trix	20
Hashbrowns	14	Vanilla (Upstate)	19

<b>Fruits</b>			
<b>Food Product</b>	<b>Carbs (g)</b>	<b>Food Product</b>	<b>Carbs (g)</b>
Apples (whole)	21	Peaches (whole, Small)	14
Banana (whole)	28	Peach Cup, (1/2 cup)	14
Craisins (1 pkg)	28	Plums (whole)	8
Edamame Cup (1/2 cup)	5	Raisels (1 box)	35
Grapes Escapes (1/2 cup)	6	Strawberries, Diced Frozen	22
Mixed Fruit Cup (1/2 Cup)	13	Strawberries, Fresh (1/2 cup)	7
Nectarines (whole)	14	Watermelon (1 wedge, 1/2 cup)	11
Oranges (1 ea = 16)	16		

<b>Veggies</b>			
<b>Food Product</b>	<b>Carbs (g)</b>	<b>Food Product</b>	<b>Carbs (g)</b>
Beans (per 1/2 cup)		Cherry Tomatoes (1/2 cup)	3
Black	20	Cucumber (1/2 cup)	2
Cowboy bean cup (hot)	23	Jicama (1/2 cup)	7
Kidney	17	Lettuce, 4-way mix (1 cup)	2
Green	3	Romaine Lettuce (1 Cup)	1
Garbonzo	17	Peppers, Sweet Mini (about 3)	5
Pinto/ Vegetarian	20	Pickles, Dill Chips	0
Carrots (1/2 cup)	3	Sugar Snap Peas (1/2 cup)	3
Celery (1/2 cup)	2		
Corn (1/2 cup)	15		

<b>Beverages &amp; Other</b>			
<b>Food Product</b>	<b>Carbs (g)</b>	<b>Food Product</b>	<b>Carbs (g)</b>
Juice (4 oz):		Cookie:	
Apple	14	Chocolate Chip (Secondary)	27
Apple Berry	14	Chocolate Chip Mini Cookies (Elem.)	23
Milk:		Double Fudge	24
1% White	17	Jelly	9
Non-fat Chocolate	12	Ketchup (packet)	2
Chips:		Mayonnaise (packet)	1
Doritos, RF Nacho Cheese		Mustard (packet)	0
Cheetos, Baked Hot	17	Raisels	35
BBQ Baked Lays	24	Ranch (packet)	0.5
Original Baked Lays	24	Ranch Dressing (2 Tbsp)	2
Sour Cream & Onion Baked Lays	24	String Cheese	0
Cracker, Wheat	22	Syrup	20
Cream Cheese	1	Taco Sauce	1

<b>Supper &amp; Super Snack</b>			
<b>Food Product</b>	<b>Carbs (g)</b>	<b>Food Product</b>	<b>Carbs (g)</b>
Bagel, Mini	15	Pizza Crackers	15
Cheese Cubes	0	Pretzel, Mini	14
Cheesecurds, Ranch	0	Rich Chix Nuggets	12
Craisins	28	String Cheese	0
Edamame Cup (1/2 cup)	5	Taquitos, Beef	27
Fruit Burst	13	Turkey Slider	17
Galaxy Cheese Pizza	29	Uncrustable Sandwich, 2.4 oz	32
Goldfish Crackers	14	Wheat Crackers, 1 oz	14
Granola (Rockin' Ola Straw/Marsh),	21	Wheat Crackers, 2 oz	28
Juice Cup, Frozen Peach	19	Wow Butter Cup	8
Juice Cup, Frozen Strawberry	22	Wow butter Sandwich, 2.4oz	28
Mixed Fruit Cup (1/2 Cup)	13	Yogurt	20
Nectarines (whole)	14		

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