

# Carbohydrate Counts

## Dec/Jan 2018

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

<b>BREAKFAST ITEMS</b>			
Apple Cinnamon Muffin Top	44 g	Cinnamon Roll, Ultra	37 g
Bagels	34 g	Dutch Waffle	43 g
Cream Cheese	1 g	Egg & Cheese Croissant	32 g
Cream Cheese, strawberry	4 g	French Toast Sticks	26 g
Banana Square	47 g	Honey bun	39 g
Benefit Bars, Variety	48 g	Mini Maple Pancakes	35 g
Berry Yogurt Parfait	51 g	Maple Sausage Biscuit	34 g
Blueberry Muffin	41 g	Muffin, Blueberry	41 g
Breakfast Bacon Burrito	37 g	Pancakes & Scrambled Eggs	27 g
Breakfast Pizza Bagel	16 g	Pancake Sausage Sandwich	19 g
Breakfast Turkey Sausage Pizza	27 g	Pizza Breakfast Bagel	16 g
Cinnamon Toast	26 g	Ranchero Brfst Burrito	40 g
Cinnamon Square (MS & HS)	45 g	String Cheese	1 g
Cereal- 1 oz		Turkey Sausage	0 g
Cheerios, Multigrain	23 g	Turkey, Egg & Cheese Sliders	21 g
Cinnamon Toast Crunch	22 g	Yogurt, Go Big tube	18 g
Frosted Mini Wheat's	23 g	Yogurt, Trix	20 g
Rice Krispies	23 g	Yogurt, Danimals	15 g
Cheerios	22 g	Uncrustable (2.6 oz)	32 g
Corn Chex	24 g	Ultimate Breakfast Round (UBR)	44 g
Rice Chex	24 g	Waffle & Turkey Sausages	16.5 g
Cereal- 2oz		Waffles & Turkey Sausages	33 g
Cinnamon Toast Crunch	45 g		
Honey Oat Scooters	45 g	<b>LUNCH ITEMS ENTREES</b>	
Marshmellow Mateys	47 g	Asian Noodle Salad	44 g
Raisin Bran	45 g	w/ Fortune Cookie	7 g
Mini Spooners, Blbry	47 g	American Sub (ES)	30 g
Mini Spooners, Strbry	47 g	American Sub (MS/HS)	36 g
Cheese Omelet & Toast	27 g	BBQ Chicken Sandwich	34 g
Chocolate Chip Muffin	41 g	Beef & Cheese Taco Stick	31 g
		Bean Tostada	30 g
		& Mini Pan Dulce	15 g

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Bean & Cheese Burrito (MS/HS)	61 g	Chili Bean & Rice Bowl	44 g
Bean & Cheese Burrito, (ES-Senor Felix)	41 g	& Tortilla Chips	19 g
Bean & Cheese Pupusa	35 g	Chili Potato	29 g
Bean & Cheese Quesadilla	36 g	& Cornbread	38 g
Beef/Chicken Taquitos	27 g	Chili Cheese Flauquito	31 g
Beef Tacos	27 g	Crispy Tenders	16 g
Beef & Cheese Chimichanga	43 g	Double Dogs	32 g
Beefy Cheesy Lasagna	19 g	Fiesta Rice & Bean Shaker	78 g
& Tortilla Chips	19 g	Fiesta Wet Burrito	50 g
Bosco Cheese Sticks (2 sticks)	15 g	French bread pizza	30 g
w/ Marinara Sauce	8 g	Galaxy Pizza, Chz/Pepp	29 g
Buffalo Ranch Chicken Wrap	43 g	Grilled Cheese	30 g
BBQ Pulled Pork Sandwich	46 g	Hamburger	30 g
Cheeseburger/Hamburger	30 g	Holiday Nuggets	14 g
Cheeseburger Twins	31 g	& Garlic Roll	19 g
Cheese Quesadilla	35 g	Hawaiian Teriyaki Burger	58 g
Chicken & Cheese Tamale	45 g	& Sweet Potato Fries	19 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
& Garlic Roll (MS/HS)	19 g	Macaroni & Cheese (ES)	31 g
Cheeseburger Twins	31 g	& Large Dinner Roll	32 g
Cheese Max Sticks (2)	32 g	& Garlic & Chz Breadstick	30 g
& Marinara Sauce	8 g	Meatball Sub Sandwich	45 g
Cheese Pizza Wedge	37 g	Mini Corn Dogs (6)	29 g
Cheese Wheels	21 g	Nacho Grande	5 g
w/ Marinara Sauce	8 g	& Chips (ES 1oz)	19 g
Chicken Little Sliders	30 g	& Chips (MS/HS 2oz)	28 g
Chicken Sandwich (ES)	43 g	Orange Chicken & Brown Rice	58 g
Chicken & Waffle (elementary)	19 g	Pillow Pull Aparts	29 g
Chicken & Waffles (MS & HS)	35 g	Pizza Roll-up	36 g

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Pizza, Ardellas Pep/Chz (ES)	35 g	Turkey Tacos	31 g
Pizza, Big Daddy Variety (MS/HS)	36 g	Uncrustable Sandwich (MS/HS)	64 g
Pizza, Cheese (Elem)	33 g	Uncrustable Combo (ES)	
Pizza, Cheese Wedge	37 g	Sandwich	32 g
Pizza Crunchers (4 ea)	41 g	String Cheese	1 g
Pizza, Galaxy Cheese/Pepperoni	29 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	25 g	Yogurt, Muffin, Sunflower Seeds	
w/ dinner roll	12 g	Yogurt, Go Big	18 g
Spicy Chicken Salad	19 g	Honey Lemon Loaf	31 g
w/ Dinner Roll	12 g	Sunflower Seeds	11 g
Spicy Chicken Sandwich (MS & HS)	45 g		
Street Tacos	47 g	<b>FRUITS</b>	
Sweet and Sour Chicken Bowl	61 g	Apple, whole	21 g
Sweet Chili Thai Ckn Bowl (MS/HS)	66 g	Apples, Sliced per ½ cup	8 g
Tamale, Chicken & Cheese	45 g	Applesauce Cup	14 g
Taquitos w/ Queso Blanco Sauce	28 g	Banana	28 g
Teriyaki Chicken & Chow Mein	57 g	Blueberries, ½ cup	10 g
& Fortune Cookie	7 g	Craisins	28 g
Teriyaki Dippers & Rice	48 g	Fruit cup, Mixed	15 g
Turkey Cheese Croissant	31 g	Frozen Juice Cup	20 g
Turkey Gravy w/ Potatoes	22 g	Grapes, per ½ cup	15 g
w/ wheat roll (ES)	16 g	Kiwi, ½ cup (2 ea)	12 g
w/ Lg. wheat roll (ms/HS)	32 g	Mandarin Cuties (x2)	20 g
Turkey, Cheese & Jalapeno Cornbread		Oranges	19 g
Turkey	0 g	Peaches, ½ cup	14 g
String Cheese	1 g	Peach, Frozen cup	19 g
Jalapeno Cornbread	38 g	Pears (each)	16 g
Turkey Slider (each)	17 g	Pear Cup	15 g
& Cheez-Its	14 g	Pineapples, ½ cup	10 g

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Plum, whole	10 g	Red Bell Peppers, ½ cup	3 g
Raisins	30 g	Romaine Mix, 1 cup	2 g
Strawberries ½ cup	10 g	Sweet Potato Tots, ½ cup	14 g
Strawberry Craisins	28 g	Tomatoes, ½ cup	2.5 g
Strawberry Cup, Frozen	22 g	Yellow Squash Coins, ½ cup	2 g
Tomatoes, Cherry 1/2 cup	6 g	Zucchini Sticks, ½ cup	2 g
Watermelon (wedge)	6 g		
HOLIDAY: Chilin Bat Ice	29 g		

### VEGGIES

Beans, Black ½ cup	20 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

### BEVERAGES

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
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

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Pop-Chips, Variety	20 g
Pretzel Sticklets	17 g
Sun Chips, Variety	19 g
Tortilla Chips	19 g
Vanilla Wafers	19 g
Waffle Maple, Graham Crackers	20 g

### SUPER SNACKS

**Cereal/ Yogurt Box:** Kix cereal 14g,  
Yogurt 18g, Seeds 11g, Carrots 5.5 g, Plum  
10 g

**Turkey Cheese Roll Up Box:** 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

**Wowbutter Box:** Uncrustable 28g, 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

**Tortilla Chips & Bean Cup Box:** Chips 28g,  
Bean & Cheese Cup 13 g, Broccoli 3.5 g,  
Raisels 34g

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

### DESSERT & OTHER

Crackers	14 g
BBQ Sauce, 1oz cup	10 g
Jelly, Asst.	9 g
Go'Bonzos, Spicy Nacho	24 g
Mini Choc. Chip Cookies	19 g
Mini Shortbread Cookies	17 g
Peanut Butter Cup	8 g
Holiday Cookie	16 g
Sunflower Kernels, Hny Rstd	11 g
Syrup	32 g