

# Carbohydrate Counts

## Feb/Mar 2019

REDLANDS UNIFIED SCHOOL DISTRICT

Robin\_hernandez@redlands.k12.ca.us

<b>BREAKFAST ITEMS</b>			
Apple Cinnamon Muffin Top	44 g	Egg & Cheese Croissant	32 g
Bagels	34 g	French Toast Sticks	26 g
Cream Cheese	1 g	Hash brown	14 g
Cream Cheese, strawberry	4 g	Honey Bun	39 g
Banana Square	47 g	Maple Sausage Biscuit	34 g
Benefit Bars, Variety	48 g	Pancakes & Egg Patty	26 g
Berry Yogurt Parfait	51 g	Pancake Sausage Sandwich	19 g
Blueberry Muffin	41 g	Pan Dulce, Variety	34 g
Breakfast Bacon Burrito	37 g	Pizza Breakfast Bagel	16 g
Breakfast Pizza Bagel	16 g	Pizza Breakfast Turkey Sausage	27 g
Breakfast Turkey Sausage Pizza	27 g	Potato Smiles	10 g
Biscuit & Gravy	38 g	String Cheese	1 g
Cinnamon Square (MS & HS)	45 g	Turkey Sausage	0 g
Cinnamon Toast	26 g	Turkey, Egg & Cheese Sliders	21 g
Cereal- 1 oz		Yogurt, Go Big tube	18 g
Cheerios, Multigrain	23 g	Yogurt, Trix	20 g
Cinnamon Toast Crunch	22 g	Yogurt, Danimals	15 g
Frosted Mini Wheat's	23 g	Uncrustable (2.6 oz)	32 g
Rice Krispies	23 g	Ultimate Breakfast Round (UBR)	44 g
Cheerios	22 g	Waffle & Turkey Sausages	16.5 g
Corn Chex	24 g	Waffles & Turkey Sausages	33 g
Rice Chex	24 g		
Cereal- 2oz		<b>LUNCH ITEMS ENTREES</b>	
Cinnamon Toast Crunch	45 g	Asian Noodle Salad	44 g
Honey Oat Scooters	45 g	w/ Fortune Cookie	7 g
Marshmallow Mateys	47 g	American Sub (ES)	30 g
Raisin Bran	45 g	American Sub (MS/HS)	36 g
Mini Spooners, Blbry	47 g	BBQ Pulled Pork Sandwich	40 g
Mini Spooners, Strbry	47 g	Bagel Box	
Dutch Waffle	43 g	Bagel	34 g
		& Cream Cheese	1 g
		& Cheese Cubes	1 g

Last Revised 2/5/2019

# Carbohydrate Counts

## Feb/Mar 2019

REDLANDS UNIFIED SCHOOL DISTRICT

Robin\_hernandez@redlands.k12.ca.us

& Sunflower Kernels	11 g	Crispy Tenders	16 g
Bean Tostada	30 g	& Honey Breadstick	15 g
& Mini Pan Dulce	15 g	Double Dogs	32 g
Bean & Cheese Burrito, Senor Felix	41 g	Fish Sticks	22 g
Bean & Cheese Burrito, MB's	37 g	& Dinner Roll	12 g
Bean & Cheese Quesadilla	36 g	French bread pizza	30 g
Beef/Chicken Taquitos	27 g	Galaxy Pizza, Chz/Pepp	29 g
Beefy Cheesy Lasagna	19 g	Grilled Cheese	30 g
& Tortilla Chips	19 g	Grilled Chicken Sandwich	30 g
Bosco Cheese Sticks (2 sticks)	15 g	Hamburger	30 g
w/ Marinara Sauce	8 g	Heart Nuggets	14 g
Buffalo Ranch Chicken Wrap	43 g	& Dinner Roll	12 g
Cheeseburger	30 g	Hawaiian Teriyaki Burger	58 g
Cheeseburger Twins	31 g	& Sweet Potato Fries	19 g
Cheese Max Sticks (2)	32 g	Hot Dog, Beef or Chicken	32 g
& Marinara Sauce	8 g	Hot Cuban Sandwich	35 g
Cheese Pizza Wedge	37 g	Macaroni & Cheese (ES)	31 g
Chicken Tamale	28 g	& Large Dinner Roll	32 g
Chicken & Green Chili Burrito	34 g	& Garlic & Chz Breadstick	30 g
Chicken Sandwich	43 g	MB's Bean & Cheese Burrito	47 g
Chicken & Waffle (elementary)	19 g	Mini Corn Dogs (6)	29 g
Chicken & Waffles (MS & HS)	38 g	Nacho Grande	5 g
Chicken Drumstick	5 g	& Chips (MS/HS 2oz)	28 g
& Honey Biscuit	30 g	Orange Chicken & Brown Rice	58 g
& Maple Biscuit	33 g	Pillow Pull Aparts	29 g
Chili Bean & Rice Bowl	44 g	Pizza Roll-up	36 g
& Tortilla Chips	19 g	Pizza, Ardellas Pep/Chz (ES)	35 g
Chili Potato	29 g	Pizza, Big Daddy Variety (MS/HS)	36 g
& Cornbread	38 g	Pizza, Cheese (Elem)	33 g
Chili Cheese Flauquito	31 g	Pizza, Cheese Wedge	37 g
Crispy Chicken Rounds	13 g	Pizza Crunchers (4 ea)	41 g
& Garlic Roll (MS/HS)	19 g		

Last Revised 2/5/2019

# Carbohydrate Counts

## Feb/Mar 2019

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

Pizza, Galaxy Cheese/Pepperoni	29 g	Yogurt, Muffin, Sunflower Seeds	
Popcorn Chicken	16 g	Yogurt, Go Big	18 g
& Garlic Roll	19 g	Honey Lemon Loaf	31 g
Senor Felix Burrito	41 g	Sunflower Seeds	11 g
Spicy Chicken Salad	19 g		
w/ Dinner Roll	12 g	<b>FRUITS</b>	
Spicy Chicken Sandwich (MS & HS)	45 g	Apple, whole	21 g
Street Tacos	47 g	Apples, Sliced per ½ cup	8 g
Sweet and Sour Chicken Bowl	61 g	Applesauce Cup	14 g
Sweet Chili Thai Ckn Bowl (MS/HS)	66 g	Banana	28 g
Tamale, Chicken & Cheese	45 g	Blueberries, ½ cup	10 g
Teriyaki Chicken & Chow Mein	57 g	Craisins	28 g
& Fortune Cookie	7 g	Fruit cup, mixed canned	15 g
Teriyaki Dippers & Rice	48 g	Dried Mixed Fruit Cup	64 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 Slider (each)	17 g	Oranges	19 g
& Cheez-Its	14 g	Peaches, ½ cup	14 g
Turkey Stick, Cheese & Crackers		Peach, Frozen cup	19 g
Turkey	0 g	Pears (each)	16 g
String Cheese	1 g	Pear Cup	15 g
Wheat Crackers	28 g	Pineapples, ½ cup	10 g
Uncrustable Sandwich (MS/HS)	64 g	Plum, whole	10 g
Uncrustable Combo (ES)		Raisins	30 g
Sandwich	32 g	Strawberries ½ cup	10 g
String Cheese	1 g	Strawberry Craisins	28 g
Western Burger	66 g	Strawberry Cup, Frozen	22 g
Wowbutter Sandwich (Albies) (ES)	28 g	Tomatoes, Cherry 1/2 cup	6 g
Wowbutter Sandwich (MS/HS)	55 g	Watermelon (wedge)	6 g

Last Revised 2/5/2019

# Carbohydrate Counts

## Feb/Mar 2019

REDLANDS UNIFIED SCHOOL DISTRICT

Robin\_hernandez@redlands.k12.ca.us

### 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
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
Sweet Potato Tots, ½ cup	14 g
Tomatoes, ½ cup	2.5 g
Yellow Squash Coins, ½ cup	2 g
Zucchini Sticks, ½ cup	2 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, 8 oz, Chocolate, NF	20 g
Milk, 8 oz, White, 1%	16 g
Orange Juice, 4 oz	14 g
Orange Juice, 8 oz	28 g

### BREADS & GRAIN SNACKS

Baked Lays, Variety	14 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
Sun Chips, Variety	19 g
Scooby Doo Crackers	21 g
Tortilla Chips	19 g
Vanilla Wafers	19 g

### SUPER SNACKS

**Cereal/ Yogurt Box:** Multigrain Cheerios cereal 23g, Yogurt 18g, Seeds 11g, Jicama, ½ cup 6 g, Pear Cup 15 g

**Trail Mix Box:** Trail mix 35g, Crackers 14g, String Cheese 1g, Jicama 6g

# Carbohydrate Counts

## Feb/Mar 2019

REDLANDS UNIFIED SCHOOL DISTRICT

Robin\_hernandez@redlands.k12.ca.us

**Yogurt/Granola Box:** Yogurt 18g, Granola 26g, Cheese Cubes 1g, Baby Carrots 5g, Raisels 34g

**Turkey, Cheese & Crackers Box:** Jenni-o turkey stick 0g, Cheese Stick 1g, Goldfish crackers 15 g, Zucchini Sticks, ½ cup 2 g, Applesauce 14g

**Wowbutter Box:** Uncrustable 28g, String Cheese 1g, Baby Carrots 5g, Applesauce 14g

**Mini Muffin Box:** Mini Banana Muffin 42g, Cheese Curds 0g, Apple Crisps 1g, Baby Carrots 5g

**Mini Bagel Box:** Mini Bagel 14g, Wowbutter 8g, Yogurt, 18g, Cream Cheese 1g, Craisins 30g & Carrots 5g

**Tortilla Chips & Cheese Cup Box:** Chips 28g, Cheese cup 1 g, Sunflower Seeds 11g, Cucumber Slices, ½ cup 3 g, Mandarin Cuties (x2) 20 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

Mini Shortbread Cookies	17 g
Peanut Butter/Wowbutter Cup	8 g
Heart (Holiday) Cookie	16 g
Sunflower Kernels, Hny Rstd	11 g
Syrup packet	32 g

### DESSERT & OTHER

BBQ Sauce, 1oz cup	10 g
Jelly, Asst.	9 g
Go'Bonzos, Spicy Nacho	24 g
Heart Cookie	16 g
Mini Choc. Chip Cookies	19 g

Last Revised 2/5/2019