

Carbohydrate Counts Jan-March 2020

Redlands Unified School District

Elementary, Middle and High School Master Sheet Menu
For more information contact the Child Nutrition Office: 909-307-5366

BREAKFAST ITEMS			
Food Product	Carbs (g)	Food Product	Carbs (g)
Apple Crumble	51	French Toast Sticks	26
Bagel, Whole Wheat	34	French Toast, Mini Chocolate Chip (Eggo)	35
Benefit Bar (all flavors)	48	Hashbrowns	14
Berry Yogurt Parfait (small)	45	Honeybun	39
Biscuit & Gravy	38	Honey Lemon Loaf	31
Blueberry Muffin	39	Honey Wheat Breakfast Bar	39
Breakfast Bacon Burrito	37	Maple Sausage Biscuit	34
Breakfast Cuban Turkey Sandwich	25	Mini-Blueberry Waffles	38
Breakfast Turkey Sausage Pizza	27	Mini Maple Pancakes	39
Cereal (2 oz):		Mini-Pancakes (ES)	32
Cheerios, Multigrain	23	Pan Dulce	34
Cinnamon Toast Crunch	22	Pizza Bagel (ES)	16
Corn Chex	24	Potato Smiles	20
Frosted Mini Wheats	23	Scrambled Eggs	1
Honey Scooter	45	String Cheese	0
Marshmallow Matey's	47	Turkey Sausage Link	0
Mini Blueberry Spooners	47	Ultimate Breakfast Round:	
Mini Strawberry Spooners	47	Cinnamon	44
Raisin Bran	45	Sunberry Blast	44
Rice Chex (1 oz)	24	Ultimate Eggs Sandwich	31
Rice Krispies	23	Uncrustable (2.6oz, Small):	
Chocolate Chip Muffin	41	Grape	32
Cinnamon Swirl	29	Strawberry	32

Food Product	Carbs (g)	Food Product	Carbs (g)
Cinnamon Toast	26	Waffle Sausage Sandwich	25
Cream Cheese	1	Waffle & Turkey Sausage	11
Donut Variety		Yogurt:	
Mini-Chocolate	41	Cherry, Trix	20
Mini-Powdered	41	Peach, Land O Lakes	17
Double Chocolate Chip Muffin (MS/HS)	40	Strawberry/Banana, Danimals	17
Dutch Waffle	43	Straw/Banana, Trix	20
Egg & Cheese Croissant	32	Raspberry, Trix	20
Egg, Turkey-Ham & Cheese Croissant	33	Vanilla (Upstate)	19
Egg, Turkey-Ham & Cheese Muffin	25		

LUNCH ITEMS

Food Product	Carbs (g)	Food Product	Carbs (g)
American Sub Sandwich	29	Pizza:	
Apple Pie Parfait	112	Ardellas Cheese (Elem.)	35
Bagel Box:		Cheese Pizza Wedge	34
Bagel, Whole Wheat	34	Cheesy Garlic French Bread Pizza	30
Sunflower Seeds	11	Domino's Cheese or Pepperoni	39
Cheese Cubes	0	Galaxy Cheese Pizza	29
Cream Cheese	1	R & S Cheese or Pepperoni	31
BBQ Pulled Pork Sandwich	42	Pizza, "Big Daddy":	
BBQ Chicken Sandwich	47	Buffalo Chicken	35
Breadsticks, Bosco	30	Primo Four Cheese	35
& Marinara Sauce	3	Primo Pepperoni	35
Bean & Cheese Burrito, Arizona Gold	46	Pizza Crunchers	41
Bean & Cheese Burrito (CK)	48	Pork Chile Verde Burrito	56
Bean & Cheese Burrito, MS/HS	48	Popcorn Chicken	5
Bean and Cheese Burrito, Los Cabos	41	& Garlic Roll	18
Bean Tostada	33	Cheese Quesadilla	25
Beef Taquitos	27	Spicy Chicken Salad	19
Buffalo Chicken Wrap	34.1	& Roll	12
Cheese Cubes, Crackers & Seed:		Spicy Chicken Sandwich	45
Cheese Cubes	0	Sweet Chili Thai Chicken Bowl	73
Pizza Crackers	15	Sweet & Sour Chicken w/ Rice Bowl (ELM)	68
Sunflower Seeds	11	Sweet & Sour Chicken w/ Rice Bowl (MS/HS)	71
Cheese Maxsticks	32	Spaghetti & Meatballs	30
& Marinara Sauce	8	Street Tacos	60
Cheese Melt	28	Teriyaki Chicken & Brown Rice	76
Cheeseburger	30	Turkey Deli Sandwich (wedge)	28
Chef Salad	12	Turkey-Ham & Cheese Croissant	33
w/ Roll	28	Turkey Taco	29
Crispy Chicken Rounds	13	Turkey Gravy Potato	18
& Garlic Toast	15	w/ Honey Breadstick	15

Food Product	Carbs (g)	Food Product	Carbs (g)
Crispy Chicken Rounds	13	Turkey Gravy Potato	18
& Garlic Toast	15	w/ Honey Breadstick	15
Crispy Chicken Salad	24	Turkey Gravy w/ Mashed Potatoes	18
& Roll	12	w/ Dinner Roll	30
Crispy Chicken Sandwich	43	Tamale, Chicken (Elem)	28
Chicken & Cheese Tamale	45	Tamale, Chicken & Cheese (MS/HS)	45
Chicken (Drumstick)	5	Three Cheese Cavatappi	28
& Waffles	11	Teriyaki Chicken & Chowmein	58
Chicken Caesar Wrap	34	& Fortune Cookie	7
Chicken Corn Dog	30	Teriyaki Dippers	6
Chicken Parmesan	69	& Brown Rice	44
Chicken Tenders, Crispy	14	Teriyaki Pork, Broccoli & Brown Rice	81
& Honey Biscuit	15	Tortilla Chips, Cheese & Seeds	
Chicken Drumstick	5	Chips, Tortilla	31
w/ Maple Biscuit	33	Cheese Cup (LOL)	14
Chili	26	Seed	12
w/ Corn Bread	37	Tortilla Chips, Cheese & Go Bonzos	
Cinnamon Winter or Heart Shaped Cracker	21	Chips, Tortilla	31
Double Dogs, MB Beef	30	Cheese Cup,	14
Fish Sticks	22	Go Bonzos	12
w/ Dinner Roll	12	Uncrustable Sandwich Combo	32
Grilled Chicken Sandwich	29	w/ Cheez-its	14
Hamburger	29	w/ String Cheese	0
Hot Cuban Sandwich	35	Valentine Cookie (KidsKookie)	12
Hot Dog on Bun, Beef	30	Vanilla Bear Grahams	20
Iced Oatmeal Cookie	19	Waffle Sausage Sandwich	25
French Bread Cheese Garlic Pizza	30	Western Burger	55
Mac & Cheese	32	Wow Butter Sandwich (4.6 oz, Large)	55
w/ Garlic Roll	19	Wow Butter Combo:	
w/ Honey Breadstick	15	Wow Grape Sandwich	28
Meatball Sub Sandwich (ELM)	35	String Cheese	0
Meatball Sub Sandwich (MS/HS)	42	Yogurt (Strawberry/Banana)	20
Mixed Berry Pop (Wawona)	18		

Food Product	Carbs (g)	Food Product	Carbs (g)
Orange Chicken	19	Honey Lemon Loaf	31
w/Brown Rice	44	Seeds	11
Ortega Jack Chicken Sandwich	30	Yogurt, Muffin, Seed	
Peanut Butter & Jelly Combo:		Yogurt	20
PB & J Sandwich (ELM)	41	Chocolate Chip Muffin (Dave's)	40
PB & J Sandwich (MS/HS)	49	Roasted Sunflower Seeds	11
String Cheese	1	Zoo Nuggets	15
Pepper Jack Cheese Enchiladas	32	& Dinner Roll	12
Pick-Up-Stix Orange Chicken	54		
Peach Yogurt Parfait (large)	96		

Supper & Super Snack			
Food Product	Carbs (g)	Food Product	Carbs (g)
Ardella's Pull-A-Part	29	Mixed Fruit Cup (1/2 Cup)	13
& Marinara	3	Muffin, Mini Apple Cinnamon	20
Bagel, Mini	15	Muffin, Cornbread Superstar	37
Bean & Cheese Burrito	46	Nectarines (whole)	14
Bongard Cheese Cup	1	Pizza Crackers	15
Cheese Cubes	0	Pretzel, Mini	14
Cheesecurd, Ranch	0	Rich Chix Nuggets	12
Cheese Pizza Sliders	29	String Cheese	0
Craisins	28	Sunflower Seeds, Honey Roasted	11
Crispy Tenters	0	Taquitos, Beef	27
Double Dogs	30	Tortilla Chips	28
Edamame Cup (1/2 cup)	5	Trail Mix, Sunberry (Rockin' Ola)	28
Fruit Burst	13	Turkey Slider	17
Galaxy Cheese Pizza	29	Turkey Stick	0
Go Bonzos	12	Uncrustable Sandwich, 2.4 oz	32
Goldfish Crackers	14	Wheat Crackers, 1 oz	14
Goldfish Pretzels	16	Wheat Crackers, 2 oz	28
Granola (Rockin' Ola Straw/Marsh),	21	Wow Butter Cup	8
Juice Cup, Frozen Peach	19	Wow butter Sandwich, 2.4oz	28
Juice Cup, Frozen Strawberry	22	Yogurt, Go Big Strawberry	18
Kix	14	Yogurt, Trix	20
Marble Cheese Stick	0		

Fruits			
Food Product	Carbs (g)	Food Product	Carbs (g)
Apples (whole)	21	Oranges (1 ea = 16)	16
Applesauce	15	Peaches (whole, Small)	14
Asian Pears (whole)	21	Peach Cup, (1/2 cup)	14
Banana (whole)	28	Pears (1/2 cup)	16
Blueberry-Strawberry Cup	17	Plum (whole)	8
Cherries (1/2 Cup)	9	Raisels (1 box)	35
Craisins (1 pkg)	28	Raisins	30
Edamame Cup (1/2 cup)	5	Tangerines (whole)	11
Grapes (1/2 cup)	15	Strawberries, Diced Frozen	22
Kiwi (1/2 cup)	13	Strawberries, Fresh (1/2 cup)	7
Mixed Fruit Cup (1/2 Cup)	13	Watermelon (1 wedge, 1/2 cup)	11
Nectarines (whole)	14		

Veggies					
Food Product	(g)	Carbs	Food Product	(g)	Carbs
Beans (per 1/2 cup)			Cucumber (1/2 cup)		2
Black		20	Jicama (1/2 cup)		7
Cowboy bean cup (hot)		23	Lettuce, 4-way mix (1 cup)		2
Kidney		17	Romaine Lettuce (1 Cup)		1
Green, Seasoned		4	Romaine Salad		3
Garbonzo		17	Olives		2
Pinto/ Vegetarian		20	Peas		6
Broccoli		6	Peppers, Sweet Mini (about 3)		5
Carrots (1/2 cup)		3	Pickles, Dill Chips		0
Celery (1/2 cup)		2	Pirate Bean Cup		19
Corn (1/2 cup)		15	Sweet Potato Fries		19
Corn, Street		17	Sugar Snap Peas (1/2 cup)		3
Cherry Tomatoes (1/2 cup)		3	Saucy Bean Cup		19

Beverages & Other

Food Product	Carbs (g)	Food Product	Carbs (g)
Juice (4 oz):		Cream Cheese	1
Apple	14	Cookie:	
Apple Berry	14	Chocolate Chip (Secondary)	27
Orange	14	Chocolate Chip Mini Cookies (Elem.)	23
Milk:		Double Fudge	24
1% White	17	Snickerdoodle	26
Non-fat Chocolate	21	Jelly	9
		Ketchup (packet)	2
Chips:		Mayonnaise (packet)	1
Doritos, RF Nacho Cheese	20	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	1
Cheez It's	14	Syrup	20
Cracker, Wheat	22	Taco Sauce	1