

March-June 2021 Carbohydrate Counts:

On Campus (OC) Shelf Stable Lunches

Redlands Unified School District

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

Shelf Stable Meal Kit			
Product Name	Carbs (g)	Product Name	Carbs (g)
Applesauce - Cinnamon	14	Jack Link Chicken Tender Bits	7
Applesauce - Regular	14	Juice - Cherry Star, V Blend	14
Applesauce - Mixed Berry	15	Juice - Dragon Punch, V Blend	14
Applesauce - Strawberry	15	Juice, Ardmores - Variety	15
Beef Snack Stick	1	Juice, Ardmores - OrangeTangerine	15
Cheese - Cheddar Planks	1	Juice, Ardmores - 100% Apple	15
Cheese - Mozzarella Planks	1	Juice, Ardmores - 100% Grape Blend	15
Cheese - White Cheddar Planks	1	Juice, Ardmores - 100% Tropical Fruit Blend	15
Cheese Spread	1	Marinara Cup	7
Cheez-It	14	Milk - 1% White	17
Chicken Salad - BBQ Sauce	15	Milk - Non-fat Chocolate	21
Chicken Salad, Bumble Bee	0	Salsa, Red Gold	3
Corn Chip	20	Soynuts	9
Crackers - Bean & Veggie	22	Sun Butter	7
Crackers - Cheddar, Goldfish	18	Sunflower Kernels, Roasted	6
Crackers - Pizza	15	Sunflower Kernels, Roasted	6
Crackers - Wheat	15	Tortilla, Flour	14
Craisin	27	Turkey Stick	1
Crackers - Pretzel, Goldfish	15	Wow Butter	8
Grape Jelly	8		
Hummus - Original	18		
Hummus - Roasted Red Pepper	17		

Other Lunch Items			
Product Name	Carbs (g)	Product Name	Carbs (g)
Uncrustable Sandwich Combo	32		
Sandwich - Turkey & Cheese Croissant	30		

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

VEGETABLES			
Product Name	Carbs (g)	Product Name	Carbs (g)
Broccoli	6		
Carrots (1/2 cup)	3		
Celery (1/2 cup)	2		