

2017-2018 Carbohydrate Contribution List

Sept. 6, 2017

Breakfast	Carbohydrate
Cinnamon Crunch, 2 oz. bowl	44 g
Frosted Flakes, 2 oz. bowl	53 g
Cheerios, 1 oz. bowl	39 g
TRIX, 1 oz. bowl	24 g
Multigrain Cheerios, 1 oz. bowl	23.2 g
Rice Krispies Cereal, 1 oz. bowl	23 g
Rice Chex Cereal, 1 oz. bowl	24 g
French Toast Sticks, WG	37 g
Mini Pancakes, WG	34 g
Cinnamon Swirl Breakfast Bun	34 g
Concha, White or Chocolate	33 g
Spiced Bread (Gingerbread)	41 g
Team Cheerios Cereal Bar	30 g
Berry Flavored Mini French Toast	50 g
Goldfish Graham Crackers	19 g
WG Biscuit (29 g) & Sausage Patty (2 g)	31 g
WG Biscuit (29 g) & Chicken Patty (6 g)	35 g
Pepperoni & Cheese Bosco Stick	32 g
Power Up Breakfast Sandwich	27 g
PB & Grape Jelly Uncrustable Welch's	32 g
Yogurt, Dannon Triple Cherry	20 g
Kolache (eddy's brand)	28 g
UBR Ultimate Brk Cinn. Round	44 g
Brownie, WG	34 g
WG Banana Muffin, 4 oz. (2oz 29 g)	62 g
WG Blueberry Muffin, 4 oz. (2oz 29 g)	61 g
WG Apple Cinnamon Muffin, 4 oz.	61 g
WG Chocolate Chip Muffin, 4 oz.	64 g
Chewy Granola Bar, Apple Cinnamon flavor	27 g
Breakfast Pizza Pocket, IW	17 g
Cheesy Kolache (double b brand)	25 g
Homemade Cheese Sandwich	21 g
Grilled Cheese Sandwich, IW	31 g
Beef Tamales	21 g
Breakfast Easy Breaks w/Coco Puffs Cereal	54 g
Breakfast Easy Breaks w/Honey Nut Cheerios Cereal	57 g
Breakfast Easy Breaks w/Reduced Sugar Trix Cereal	56 g
Breakfast Easy Breaks w/Cinnamon Toast Cereal	55 g
Breakfast Kit w/Frosted Flakes, Apple Jacks & Fruit Loops	54 g
Empanada Pumpkin, WG	38 g

Lunch	Carbohydrate
Mixed Berry Parfait, 12 oz.	63 g
WG Breaded Fish Nuggets with Cheese	20 g
Fish Burger (14g) on WG Hamburger Bun (26g)	40 g
Clux Delux Chicken Patty(17g) on WG Hamburger Bun (26g)	43 g
Turkey Ham & Cheese S/W	26 g
Turkey Ham & Cheese Hoagie on WG Steak Bun (43g)	45.3 g
Clux Delux Spicy Chicken Patty on Bun	45 g
Chicken Mash Bowl, HS only	60 g
Salisbury Steak	4 g
Hamburger Beef Patty on WG Hamburger Bun (26g)	26 g
Cheeseburger Beef Patty on WG Hamburger Bun	27 g
WG Spaghetti w/Meat Balls	45 g
Cavitini Pasta w Meatballs and sauce	20 g
Chicken & Cheese Quesadilla - Elementary	18 g
Chicken & Cheese Quesadilla - Secondary	33 g
Cheese Enchiladas with Meat Sauce	31.7 g
Cheese Enchiladas w/ Plain Sauce	33 g
Diced Chicken w/Alfredo Sauce & WG Rotini Pasta	21 g
Clux Delux Patty w/Alfredo Sauce & WG Rotini Pasta, 3/4 c. HS only	30 g
Pepperoni Pizza, WG, square 4x6	29 g
Big Daddy Primo Pizza, pre-sliced	34 g
WG Alpha Pepperoni Pizza	40 g
WG Pizza Crunchers, 4 pcs.	44 g
HS Pizza Crunchers, 5 pcs.	50 g
WG Spicy Chicken Tenders, 3 pcs.	16 g
Breaded Drumstick, 1 pc. Svg	5 g
Crispy Chicken Tenderloins, 3 pcs.	14 g
Chicken Leg, w BBQ (MS), 2 pcs. Svg.	6 g
Chicken Leg, w BBQ (Elem)	3 g
BBQ Beef on WG Hamburger Bun	40 g
Philly Beefsteak on Hoagie Bun	45 g
Philly Beefsteak on Flatbread	30 g
Street Tacos w/Beef, 3 each. HS only	28 g
Mandarin Orange Chicken, 1/2 cup	21 g
Tangy Lemon Chicken	24 g
Minh, General Tso Chicken 1/2 cup	12 g
Grilled Cheese Sandwich on WG Bread, IW	30.8 g
Breaded Beef Patty/Steak, WG	19 g
Tostitos Beef & Cheese Nachos	24 g
WG Breaded Chicken Chunks, Clux Delux	25 g

Potato & Chkn Chorizo TQ on WG Tortilla (22 g)	28 g
Chia Oatmeal Strawberry Bar	39 g
Creamy Oatmeal, 3/4 c.	32 g
Yogurt, Dannon Triple Cherry	20 g
Danimals Strawberry Yogurt, 4 oz.	16 g
Yogurt, Raspberry Rainbow	20 g
Danimals, Vanilla Yogurt, 4 oz.	16 g
Yogurt Parfait, All-American- Breakfast portion	52 g
Yogurt Parfait, Blue & Peach-Breakfast	36 g
Yogurt Parfait, Straw. & Peaches-Breakfast	50 g
Yogurt Parfait, Pineapple & Straw. - Breakfast	45 g
MILK	
Chocolate, Fat-free, 8 oz.	19 g
Strawberry, Fat-free, 8 oz.	18 g
Skim, White, 8 oz.	12 g
1% White, 8 oz.	12 g
Vegetable	Contribution
Broccoli Florets, Plain, 1/2 c.	5 g
Carrot Coins, sliced, 1/2 c.	3.7 g
Golden Corn, 1/2 c.	17 g
Beans a la Charra, canned, 1/2 c.	41 g
Beans a la Charra, scratch, 1/2 c.	39 g
Homemade Ranch Style Beans, 1/2 c	27 g
Seasoned Green Beans, 1/2 c.	5 g
Edamame & Corn Vegetable Blend, 1/2 c.	13 g
Celery Sticks, raw, 1/2 c.	2 g
Baby Carrots, raw, 1/2 c.	4.6 g
Cinnamon Glazed Carrots , 1/2 c.	8 g
Dill Seasoned Carrots, 1/2 c.	4 g
Oriental Blend Vegetables, 1/2 c.	5 g
Malibu Blend Vegetables, 1/2 c.	5 g
Italian Blend Vegetables, 1/2 c.	5 g
Broccoli and Cauliflower, 1/2 c.	4 g
Seasoned Pinto Beans, 1/2 c.	41.3 g
Green Peas, 1/2 c.	13.5 g
Cali. Blend Vegetables, 1/2 c.	5.6 g
Romaine & Cherry Tomato Salad, 1 cup	3.3 g
Romaine & Tomato Salad, 1 cup	3.0 g
Mashed Potatoes, 1/2 c.	15 g
Romaine Burger Salad, 1 cup	2 g
Sweet Potato Bites, 11 pcs.	20.4 g
Oven Baked Tator Tots, 9 pcs.	19 g
Vegetable Egg Roll, WG	22 g

WG Breaded Asian Chick Chunks, Clux Del	35 g
WG Breaded Beef Steak Fingers	16 g
Chicken Tenders w Waffles	40 g
Rib-B-Que Patty on Hoagie Bun	49 g
WG Breaded Chicken Burger	40 g
WG Beef, Cheese & Bean Burrito	40 g
Bean and Cheese Burrito	31 g
WG Turkey Corn Dog	31 g
Turkey Chunks w/Gravy	12 g
Italian Turkey Combo SW on Hoagie	47 g
Parfait, Strawberry & Pineapple, 12 oz.	74 g
Parfait, Mandarin Orange & Pineapple, 12 oz.	65 g
Parfait, Strawberry & Mandarin, 12 oz.	78 g
Stuffed Crust Pepperoni Pizza	30 g
Carne Guisada, DSM	8 g
Fruit	Contribution
Fruit Cocktail, canned, 1/2 c.	32.6 g
Peaches, diced, canned, 1/2 c.	32.6 g
Tropical Fruit Mix, canned, 1/2 c.	21 g
Apricot Halves, canned, 1/2 c.	19 g
Pineapple Tidbits, canned, 1/2 c.	17 g
Peaches, sliced, canned, 1/2 c.	14 g
Applesauce cups, 4.5 oz.	14 g
Raisels, Asst. Flavors, 1.5 oz.	35 g
Mott's Sliced Apples, 2 oz. RTE bag	7 g
Dole Fruit Bowls, diced pears, 4 oz.	18 g
Dole Fruit Bowls, tropical fruit, 4 oz.	15 g
Dole Fruit Bowls, pineapple tidbits, 4 oz.	15 g
Dole Fruit Bowls, mandarin oranges, 4 oz.	17 g
Dole Fruit Bowls, diced peaches, 4 oz.	19 g
Dole Fruit Bowls, mixed fruit, 4 oz.	17 g
Mandarin Oranges, canned, 1/2 c.	17 g
Juice Box, Orange/Tangerine, 4 oz.	13 g
Straw. Blast Tabatchnick Smoothie, 6 oz.	22 g
Cherry Tabatchnick Smoothie, 6 oz.	39 g
Apricot Tabatchnick Smoothie, 6 oz.	24 g
Tropical Peach Tabatchnick Smoothie, 6 oz.	21 g
Strawberry Frozen cup, 4.5 oz.	19 g
V-8 Fusion Strawberry-Banana, 8 oz.	28 g
V-8 Fusion Pomegranate-Blueberry, 8 oz.	25 g
Craisins, dry, single-serve, asst. flavors, 1.16 oz.	28 g
Assorted Fresh Fruit 1/2 c	~24 g

Breaded Onion Rings, 6 pcs	28 g
Potato Smiles, 4 pcs	21 g
Seasoned 8 Cut Wedge Fries, 2 oz.	21 g
Sweet Potato 10 cut Wedge, 2 oz.	20 g
Dill Seasoned Carrots, 1/2 c.	4 g
Beans a la Charra, canned, 1/2 c.	38 g
Homemade Ranch Style Beans, 1/2 c	28 g
Refried Pinto Beans, 1/2 c.	21.6 g
Corn w/Diced Jalapeno's, 1/2 c.	18.6 g
Garlic Roasted Red Potatoes, 1/2 c.	11 g
Quick Baked Potato (1/2 potato)	17 g
Garbanzo Seasoned Beans, 1/4 c.	12 g
Cucumber & Cherry Tomato Salad, 1/2 c.	3 g

Grains	Contribution
---------------	---------------------

Wheat Roll, Homemade, 2 oz.	29.7g
WG Dinner Roll, 1 oz. frozen	13.0 g
WG Dinner Roll, 2 oz. frozen (HS only)	26 g
WG Mozz. Cheese Filled Breadstick, 1 ea.	29.0 g
Flatbread, WG Richs	29 g
Steamed Brown Rice w/Vegetable, 1/2 c.	25 g
Steamed Brown Rice (HS only), 1 cup	50 g
WG Spanish Rice, low sodium, 1/2 c.	27 g
WG Mac & Cheese Scratch. Homemade, 1/2 c.	22 g
Homemade Fideo, 1/2 c.	24 g
WG Fideo, 3/4 c. svg (HS only)	35 g
WG Macaroni Salad for chef salads, 1/2 c.	19.6 g
WG Cornbread Stuffing, 1/2 c.	26 g
Christmas Tree Cookie, WG	18 g
Whole Wheat Bread 1 slice	12 g
Gripz Cinn Grahams, 1 pkg.	19 g

Condiments/Sauces	Contribution
--------------------------	---------------------

Sweet & Sour, 1 pkg.	12 g
BBQ Sauce Cup, 1 each	10 g
Pancake Syrup	30 g
Mayonnaise, 1 pkt.	3 g
Ketchup, 1 pkt.	6 g
Mustard, 1 pkt.	0 g
Jelly, Assorted, 1 ea.	10 g
Salsa, 2.6 oz.	2 g
Tartar Sauce, 1 oz.	4.51 g
Cheese Sauce, 1/8 c	5 g
Shredded Cheese, 1/2 oz.	0.8 g
Brown gravy, 1 oz.	1.65 g

Banana, 1 ea.	23.1 g
Mango Smoothie 4 oz.	15 g
Strawberry Smoothie 4 oz.	13 g
Peach Frozen Cup, 4.4 oz.	19 g

Salads	Contribution
---------------	---------------------

Chef Salad w/Diced Ham, Shredded Cheese, Macaroni Salad & Cheeze-it Crackers	45 g
Chef Salad w/Diced Ham, Shredded Cheese, Macaroni Salad, Garbanzo Beans & Cheeze-It Crackers	57 g
Chef Salad w/Diced Turkey Breast, Shredded Cheese, Macaroni Salad & Cheeze-It Crackers	61 g
Chef Salad w/Chipotle Chicken Salad, Macaroni Salad, Garbanzo Beans and Cheeze-It Crackers	59 g
Chef Salad w/Tuna Salad, Shredded Cheese, Macaroni Salad, Garbanzo Beans and Cheeze-It Crackers	61 g
Chef Salad w/Chicken Salad, Macaroni Salad, Shredded Cheese, Garbanzo Beans and Cheeze-It Crackers	63 g
Chef Salad w/Chipotle Tuna Salad, Macaroni Salad, Shredded Cheese, Garbanzo Beans and Cheeze-It Crackers	60 g.
Chipotle Tuna Salad, 1/2 c. svg	5 g
Chipotle Chicken Salad, 1/2 c. svg.	4 g

**Items may change due to availability*

Country gravy, 1 oz.	2.47 g
Chicken Gravy, 1 oz.	1.87 g
Fortune Cookie, not WG, 1 pkg.	4.16 g
Ranch dressing, FF, 12 gm. pkt.	4 g
Dressing, Ranch, FF, 1.5 oz. pkt.	7 g
Dressing, Italian, FF, 1.5 oz. pkt.	5 g
Dressing, Honey Dijon, FF, 1.5 oz. pkt.	13 g
Chips	Contribution
Nacho Scoops w/Cheese Sauce, 1 oz. bag	19.9 g
Baked Tostito Scoops	19 g
Baked Crunchy Cheetos	17 g
RF Dorito Cheese Corn Chips	19 g