

Carbohydrate Grams January-March 2016

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AUSDnutrition.org

BREAKFAST ITEMS

Apple blueberry chip cereal bar	48 g
Apple Fruddel	55.4 g
Bagel, white whole wheat, 2.3 oz.	34.3 g
Blueberry Parfait	28 g
Breakfast Pizza	29 g
Breakfast pocket	18 g
Breakfast sausage sandwich	21 g
Breakfast slider with egg & cheese	28 g
Cereal	
Apple Jacks, Reduced-sugar	17.86 g
Cinnamon Toast Crunch, Reduced-sugar	22 g
Frosted Flakes, Red	
uced-sugar	24 g
Rice Krispies	16 g
Trix, Reduced-sugar	21.83 g
Raisin Bran	27 g
Cheerios	20 g
Cheese Quesadilla	18 g
Cherry Strudel	37 g
Cinnamon Mini Wheats	23 g
Cinnamon Bun	37 g
Chicken Sausage Biscuit, Power Upz	27 g
Cinnamon Bun, Ultra, 2.9 oz (Secondary)	37 g
Cream Cheese, Lite, 1 oz	1 g
Egg Breakfast Burrito, 3.2 oz, Los Cabos	29.59 g
Farmer's breakfast sandwich	28 g
Fiesta Egg Sandwich	21 g
French toast, Cinnamon, 3.25 oz	32 g
French toast cereal bar	47 g
Mini gems, donuts	42 g
Muffin	
Apple top, Dave's Baking Company	39g
Banana, Dave's Baking Company	40 g
Blueberry, Dave's Baking Company	45 g
Muffin Top, Blueberry, 2.5 oz	41 g
Muffin Top, Harvest Chocolate Chip, 2.5 oz	43 g
Omelet, cheese, 2.1 oz	1 g
Pan Dulce, 2.75 oz, Lupita's, all flavors	41 g
Pancake, 1.2 oz	13 g
Pancake on a stick	22 g
Pancakes, Blueberry Minis	35 g
Pizza Bagel, 3.19 oz.	23.16 g
Potato bacon breakfast burrito	25 g
Sausage, patty, Pork, 1.2 oz	0.4 g
String Cheese, 1 oz, Hollandia	<1 g
Syrup, 1 oz	36 g
Tac-Go Breakfast Wrap, 3.2 oz	14 g
Trix yogurt	18 g
Turkey, Ham, Cheese & Egg Sunrise Stick	16 g
Ultimate Breakfast Sandwich, Power Upz (Sec. only)	15 g
Waffle, 1.27 oz	15.5 g
Yogurt Parfait W/Granola (Secondary only)	61 g
Yogurt Parfait W/O Granola (Secondary only)	33 g
Yogurt, Raspberry 4 oz, Yami	19 g
Yogurt, Strawberry 4 oz, Yami	20 g
Yogurt, Strawberry Banana, 4 oz, Land O'Lakes	21 g

BEVERAGES

Appleberry Juice, 4 oz.	14 g
Appleberry Juice, 8 oz	28 g
Apple Juice, 4 oz	14 g
Apple Juice, 8 oz	28 g
Grape Juice, 4 oz	18 g
Milk, Chocolate, Non-Fat, 8 oz	23 g
Milk, White, 1%, 8 oz	16 g
Orange Juice, 4 oz	14 g
Orange Juice, 8 oz	28 g
PowerAde, 12 oz	25 g
PowerAde, 20 oz	17 g
RIPS, 4 oz	15 g
Soy Milk, 8 th Continent	7 g

LUNCH ITEMS ENTRÉES

BBQ Chicken Leg	3 g
BBQ Chicken Patty on a Bun (H.S. only)	30 g
BBQ Pork Dippers, 4 each	5.8 g
Bean & Cheese Burrito, Senor Felix	41 g
Bun, Hamburger	
Elementary 3 ½" bun	23 g
Secondary 4" bun	27 g
Bun, Hot Dog	27 g
Chalupa	14.79 g
Cheeseburger	28.5 g
Hamburger Patty, 2.25 oz.	.5 g
Cheese, 1 g	1 g
Hamburger Bun, 4" Secondary	27 g
Chicken Fajita, 3oz.	2 g
Chicken Fries	14
Chicken Leg	3 g
Chicken Nuggets, Hot & Spicy, 5 each	13 g
Chicken Nuggets, whole grain, 5 each	14 g
Chicken Patty, Breaded, on a Bun	
Elementary total	38 g
Secondary total	42 g
Chicken Patty, whole grain	15 g
Hamburger Bun, Elementary 3 ½" bun	23 g
Hamburger Bun, Secondary 4" bun	27 g
Chicken Patty, Plain, allergen-free, 2.8 oz	2 g
Chicken taquito, 2 each	24 g
Chicken tenders, 2 each	17.5 g
Chicken tenders, 3 each	25.5g
Chicken Teriyaki Dippers, 4 each	8 g
Chili, Vegetarian (1 Cup)	22 g
Corn Dog	26 g
Corn dog minis	30 g
Double dogs	32 g
Fiesta Bowl Vegetarian	14.8 g
Fiesta Bowl with Beef	18.1 g
Grilled cheese sandwich	26.5 g
Grilled cheese w/bacon sandwich	26.2 g
Grilled unbreaded Chicken Patty /Bun (No BBQ Sauce)	
Secondary only	29 g
Grinder Roll, whole wheat	35 g
Ham (turkey-ham) & Cheese Sandwich/Hoagie	79.3 g

Revised 1/14/16

Hamburger on a Bun	
Elementary total	23.5 g
Secondary total	27.5 g
Hamburger Patty	.5 g
Hamburger Bun, Elementary 3 ½" bun	23 g
Hamburger Bun, Secondary 4" bun	27 g
Hot Dog on a Bun	26 g
Hot Dog Bun	25 g
Hot Dog, turkey	1 g
Galaxy Cheese Pizza	29 g
Macaroni & Cheese	26 g
Marinara Sauce, #16 scoop, ¼ cup	5 g
Max Stix Soft Ch. Breadsticks W/Sauce, 2 each	28 g
Mini Cheeseburger Twins, both brands	53 g
Nacho cheese cup	16.5 g
Pasta Alfredo	51 g
Pasta with meat sauce (sauce= 7g)	43 g
Pizza Calzone	37.5 g
Pizza pocket	32 g
Pizza Slice, Child Nutrition, 1 slice	43 g
Pizza sliders	
Pepperoni	20.5 g
Cheese	30 g
Polish Sausage, H.S. only	37 g
One (1) link	10 g
Hot Dog Bun	27 g
Popcorn chicken	16.1 g
Pork Riblet BBQ	7 g
Rice Bowl, Orange Chicken (Secondary only)	72.2 g
Orange Chicken	21 g
Rice	51.2 g
Rice Bowl, Teriyaki Chicken (Secondary only)	57.2 g
Teriyaki Chicken	6 g
Rice	51.2 g
Spicy Chicken on a Bun	39 g
Spicy Chicken Patty, 3.23 oz	12 g
Hamburger Bun, 4" Secondary	27 g
Taco Snack	22 g
Tamale, chicken & cheese	45 g
Teriyaki Chicken & Brown Rice (Elementary only)	51.1 g
Teriyaki Chicken Twins	38 g
Tony's Galaxy Cheese Pizza	34 g
Tony's Galaxy Pepperoni Pizza	33 g
Turkey & Cheese Sandwich, Whole Wheat	26.5 g
Turkey Grinder, 1 each (Secondary only)	36 g
Turkey, 4 oz	1 g
Grinder Roll, 2.67 oz	35 g
Mayonnaise, .9 oz packet	0 g
Mustard packet	0 g
Turkey, sliced, 1 oz	0 g
Turkey & gravy	2 g
Yogurt, Raspberry 4 oz. Yami	19 g
Yogurt, Strawberry 4 oz., Yami	20 g

VEGGIES

Baked beans, ½ cup	23 g
Broccoli Buds 1/2 cup	4.9 g
Carrot Sticks, #10 scoop, 1/2 cup	5.8 g
Carrots, baby, bagged, 2 oz	4.6 g
Carrots, sliced, 1/2 cup	5.8 g
Celery Sticks, #10 scoop, 1/2 cup	1 g
Corn, #10 scoop, 1/2 cup	20 g
Cucumber Coins, 1/2 cup	1.5 g
Deli roasted potatoes, ½ cup	28 g

French Fries, 1/2 cup	16.8 g
Garbanzo Beans 1/2 cup	27.1 g
Green Salad, 1/2 cup	1 g
Jicama 1/2 cup	6 g
Kidney Beans 1/2 cup	20 g
Lettuce, shredded 1/2 cup	1 g
Mashed potatoes, ½ cup	14.5 g
Peas & Carrots	11 g
Pinto Beans, 1/2 cup	17.5 g
Potato Rounds, 1/2 cup	12.8 g
Potato wedges, 8-10 each	24 g
Refried Beans, 1/2 cup	10 g
Salad 1/2 cup	1 g
Spinach Salad 1/2 cup	1 g
Potato Rounds, 1/2 cup	12.8 g
Veggie Sticks, 1/2 cup (Carrots & Celery)	3.6 g
Zucchini Coins 1/2 cup	2 g

FRUITS

Apple, fresh	15 g
Apples, sliced, 2 oz.	8 g
Applesauce, unsweetened, 3/8 cup	10 g
Asian pear or apple pear	13 g
Banana, petite	30.3 g
Cantaloupe 1/2 cup	6.7 g
Dried Fruit, 1/4 cup = 2 oz.	36.28 g
Fresh Strawberries, 1/2 cup	8 g
Frozen whole fruit, 4 oz.	18 g
Grapes, 2 oz package	10 g
Grapes, Lunch Bunch, 1/2 cup	14.8 g
Kiwi, medium	23.9 g
Mixed Fruit, juice pack, 1/2 cup	18.1 g
Nectarine, fresh	16 g
Oranges, smiles, ½ each	10.1 g
Peach Cup, frozen, 4.4 oz	30 g
Peach, fresh	10 g
Peaches, sliced or diced in juice, 1/2 cup	17.3 g
Pear, fresh	25 g
Pears, diced in juice, 1/2 cup	19 g
Pears, sliced, in juice, 1/2 cup	15 g
Pineapple, tidbits (juice pack), 1/2 cup	18.8 g
Pluot	19 g
Plum, Fresh, med	8.6 g
Raisins, 1.33 oz box	29 g
Raisins, bulk, 1 oz	22 g
Strawberry Cup, frozen, 4.5 oz	33 g
Tangerine, med	9.4 g

BREADS

Baked Chips	
BBQ, 1.125 oz	25 g
Cheetos, Baked, Crunchy, .875 oz	17 g
Doritos, Cool Ranch, 1 oz.	19 g
Doritos, Nacho, Baked 0.75 oz	16 g
Doritos, Nacho, Baked 1.375 oz	29 g
Cheddar & Sour Cream, 1.125 oz	24 g
Hot Cheetos, 0.78 oz	17 g
Hot Cheetos, 1.5 oz	29 g
Regular, 1.125 oz.	26 g
SunChips, 1 oz.	19 g
Tostitos, .875 oz	19 g
Belly Bears	20 g
Cheez-Its, .75 oz.	14 g
Cheez-Its, 1.5 oz	28 g

Chocolate Grahams	24 g
Cookie, 1.85 oz (Secondary only)	33.79 g
Cornbread	20 g
Dinner Roll, Whole Wheat	28 g
Grahams, Cinnamon, 1 oz	19 g
Grahams, Vanilla Bear, 1 oz	20 g
Muffin, double chocolate chip	29 g
Tortilla Chips, 1.8 oz.	28.1 g

MISCELLANEOUS

Chocolate Soynut Butter	12 g
Pickles, 5 each	1 g
Ranch Dip/Dressing, 1.5 oz	2 g
Salsa Cups, 3 oz	2 g
Sunbutter, 1 package, 1.5 oz	8.9 g
Sunflower Seeds (Kernels), ¼ cup	6 g
Trail Mix, 1.5 oz	22.4 g

SALAD BAR ITEMS

Baked potato, 8 oz.	38.5 g
Cantaloupe, 1/2 cup	6.7 g
Cheese, ½ oz	0.25 g
Cheese, 2 oz	1 g
Cheese, Sliced, American, 1 oz	1 g
Cottage Cheese, lowfat 2%, ½ cup	5 g
Croutons, 1 tbsp scoop	5 g
Dressing, 2000 Island, 1.5 oz	7 g
Dressing, Italian, light, 1.5 oz	0 g
Dressing, Ranch, 1.5 oz	2 g
Dried Fruit Medley, 1 oz	18.14 g
Garbanzo beans, ¼ cup	13.5 g
Ham, diced, 2 oz	2 g
Honey Dew, ¼ cup	5 g
Jicama ¼ cup	3g
Kidney beans, ¼ cup	9.9 g
Macaroni Salad, ½ cup	27 g
Pinto beans, ¼ cup	8.7 g
Potato Salad, Deli, ½ cup	18.75 g
Raisins, ¼ cup scoop	30 g
Ranch Dressing 1.5 oz. (Secondary only)	2 g
Sour cream, 1 tbsp.	1 g
String Cheese, 1 oz.	1 g
Tomato, diced	
1/8 cup	7 g
¼ cup	13 g
Tuna Salad, ¼ cup (2 oz)	1 g
Turkey, diced, 2 oz	1.5 g
Watermelon, 1/2 cup	5.75 g
Yogurt, 8 oz	
Raspberry low-fat	46 g
Strawberry Banana low-fat	39 g
Strawberry low-fat	47 g

ICE CREAM

Chocolate shortcake	25 g
Crumbled cookie cone	31 g
Ice cream sandwich	25 g

Products with Nuts – Do not serve to nut allergy students:

Sunflower Kernels
Trail Mix

SPECIAL MEALS

Salad (elementary)	4 g
4-way salad mix (1.5 cup), ¼ ea tomato, 3 ea baby carrots	
Turkey Salad (elementary)	6 g
4 ea turkey slices (1g), 4-way salad mix (1.5 cup, 2g), ¼ ea tomato (1g), 3 ea baby carrots (1g), 2ea slices cucumber (1g)	
Salad Dressing-hypoallergenic (vinaigrette, Newman's Own)	3 g
GF Sliced Bread (1 serving = 2 slices)	35 g
GF Grinder Bread Only (6")	38 g
Hypoallergenic Chicken Patty	2 g
<u>Regular menu hypoallergenic items:</u>	
Chili, Vegetarian (1 Cup)	22 g
Deli Potatoes	28 g
Hamburger Patty (used on regular menu)	0 g
Seasoned Wedges	25 g