

# Elementary PK-8 School Menus

## Carbohydrate Count

Menu and Counts Subject to Change/See Your School Nurse for Updated Monthly Carb Counts

Menu Item – Entrée (Breakfast)	Serving	Carbs
Beef Maple Breakfast Sandwich	Each	26.3
Canadian Turkey Ham Slice	2 Slices	0
Cold Cereal Individual Bowl Packs – 1 oz	Each	23.7
<i>Multigrain Cheerios</i>	Each	23
<i>Golden Grahams</i>	Each	24
<i>Frosted Mini Wheats</i>	Each	24
<i>Cocoa Puffs – Low Sugar Bowl Pack</i>	Each	25
<i>Cinnamon Toast Crunch Bowl Pack</i>	Each	22
Frosted Flakes	Each	24
Cinnamon Breakfast Roll	Each	38
Chicken Pancake Sausage Bites	5 Pieces	17
Fruity Breakfast Bread – variety	Each	28.3
Mini Pancakes – Asst. Flavors	Bag	37.5
Mini Waffles – Asst. Flavors	Bag	35
Muffin, Small (1 oz) – Asst. Flavor	Each	23.3
Muffin, Large (2 oz) – Asst. Flavor	Each	38.5
Scones, Fresh Baked with Glaze	Each	50
Turkey Sausage Breakfast Pizza	Each	31
Yogurt – 4 oz.	Each	14
Maple Syrup Packet – 1oz	Each	20
Menu Item – Entrée (Lunch)	Serving	Carbs
Beef Rib-A-Que on Whole Grain Bun	Each	43
Beef Hamburger on a WG Bun	Each	30.6
Beef Italian Pasta with Marinara	Serving	31.27
Beef Teriyaki Bites	4 Pieces	11.7
Burrito, Bean & Cheese	Each	40
Burrito, Chicken & Cheese	Each	33
Bean & Cheese Chimi Nada	Each	43

Menu Item – Entrée (Lunch Cont.)	Serving	Carbs
Beef Rib-A-Que on Whole Grain Bun	Each	43
Beef Hamburger on a WG Bun	Each	30.6
Beef Italian Pasta with Marinara	Serving	31.27
Beef Teriyaki Bites	4 Pieces	11.7
Burrito, Bean & Cheese	Each	40
Burrito, Chicken & Cheese	Each	33
Bean & Cheese Chimi Nada	Each	43
Bosco Cheesy Bread Sticks	2 Each	34
<i>Marinara Spaghetti Dipping Sauce</i>	1/8 C	1.36
Garlic Toast	Slice	14
Corndog, Turkey	Each	28.9
Chicken Sandwich, breaded on a WG Bun	Each	45
Cheese Calzone	Each	29
Cheese Quesadilla	2 Pieces	32
Cheeto Puffs, Baked	Each	13
Chicken Strips	3 Pieces	16
Chicken Sandwich on WG Bun	Each	45
Chicken Crispy Drumstick	Each	6
<i>Biscuit, Whole Grain Split</i>	Each	26
Chicken Taquitos	2 Each	27
Mandarin Orange Chicken	3.6 oz	19
<i>White Rice</i>	½ C	18.5

Menu Item – Entrée (Lunch Cont.)	Serving	Carbs
Fish Sticks	4 Pieces	23
Grilled Cheese Sandwich	Each	31
Macaroni and Cheese	6 oz	31
French Bread Cheese Pizza	Each	30
Pizza, Beef Pepperoni	Slice	34
Pizza, Cheese	Slice	32
Sunbutter Sandwich	Each	33
Turkey & Cheese Sandwich	Each	33.8
Turkeyham & Cheese Sandwich	Each	33.8
Turkey Hotdog on WG Bun	Each	31
Turkey Pizza Pocket	Each	32
Yogurt, Cheese, Muffin Meal	Each	53.5
<i>Yogurt – Variety Flavors</i>	Each	14
<i>Cheese Stick, Cheddar</i>	Each	0
<i>Cheese Stick, Mozzarella</i>	Each	1
<i>Large Muffin (2 oz) – Variety Flavors</i>	Each	38.5

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Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database, standardized recipes and manufacturer’s specification sheets. These results should be viewed as a general nutrition guide and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, substitutions, recipe compliance and manufacturer’s ingredients.

**Please contact your School Cafeteria Manager, School Nurse, or TRUSD Nutritionist for most current nutrient facts.**

Fruit Choices	Serving	Carbs
Fresh Apple Slices	½ C	9.1
Fresh Orange Slices	½ C	15.39
Fresh Banana	Each	26.95
Diced Peaches - Canned	½ C	17
Mixed Fruit – Canned	½ C	17.3
Diced Pears – Canned	½ C	16
Juice, 100% Fruit (4.23oz)	Each	14.8
Wawona Frozen Cup	Each	19.7
Fruit Cup – Nu Health (Pineapple or Mandarin)	Each	17.5
Applesauce Cup	Each	14
Craisins	Pkg	28
Fresh Whole Red Apple	Each	20.6
Fresh Whole Green Apple	Each	20.6
Fresh Whole Pear	Each	27.1
Vegetable Choices	Serving	Carbs
Vegetarian Baked Beans	½ C	30
Pinto Beans	½ C	21
Fresh Baby Carrots	½ C	6.1
Seasoned Potato Wedges	2.89 oz	20
Potato French Fries	½ C	14
Potato Smiles	4 pieces	20
Vegetable Fruit Juice (4.23 oz)	Each	13
Corn, Canned	½ C	15.6
Broccoli Florets	½ C	2.9
Fresh Vegetable Cup	Each	4.5
Salad Mix	1 C	2.4
Milk Choices	Serving	Carbs
1% White Milk – 8 oz	Carton	16
Nonfat White Milk – 8 oz	Carton	14