

Middle & High School Menu 2021-2022

Carbohydrate Count

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

Menu Item – Entrée (Breakfast)	Serving	Carbs
Breakfast Burrito	Each	38
Cinnamon Crumble Coffee Cake	Each	44
Cold Cereal Individual Cups – 2 oz	Each	46
<i>Cinnamon Chex</i>	Each	46
<i>Honey Nut Cheerios</i>	Each	45
<i>Lucky Charms</i>	Each	46
<i>Cocoa Puffs – Low Sugar Bowl Pack</i>	Each	47
<i>Cinnamon Toast Crunch</i>	Each	44
Cinnamon Breakfast Roll	Each	38
French Toast Sticks	4 Pieces	57.3
Donuts, Whole Grain Mini Powdered	Each	52
Mini Pancakes – Asst. Flavors	Bag	37.5
Turkey Sausage Breakfast Pizza	Each	31
Yogurt Parfait with Granola	Each	47
Nutrigrain Bar – variety	Each	30
Poptart - assorted variety	Each	38
Yogurt – 4 oz.	Each	14
Maple Syrup Packet – 1oz	Each	20
Menu Item – Entrée (Lunch)	Serving	Carbs
Pizza, Papa Murphy’s Cheese	Slice	32.6
Pizza, Papa Murphy’s Pork Pepperoni	Slice	32.5
Pizza, Big Daddy’s Cheese	Slice	35
Pizza, Big Daddy’s Turkey Pepperoni	Slice	35
Burrito, Bean & Cheese	Each	40
Burrito, Chicken & Cheese	Each	33
Burrito, Handrolled Beef & Cheese	Each	56
Beef Hamburger on WG Bun	Each	30.6
Beef Cheeseburger on WG Bun	Each	31.6

Menu Item – Entrée (Lunch Cont.)	Serving	Carbs
Chicken Wrap, Spicy	Each	57.8
Chicken Sandwich, (breaded) spicy/regula	Each	47
Chicken Tenders, (breaded) spicy/regular	3 Pieces	17
<i>Assorted Crackers</i>	Each	16.9
Mandarin Orange Chicken & Rice Bowl	Each	37.5
Sweet Chili Thai Chicken & Rice Bowl	Each	37.5
Chicken Vegetable Egg Roll	Each	20
Pork Rib-a-Que Sandwich on WG Bun	Each	42
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
<i>Assorted Crackers</i>	Each	16.9
Corndog, Turkey	Each	28.9

Menu Item – Entrée (Lunch Cont.)	Serving	Carbs
Turkey & Cheese Sandwich	Each	33.8
Turkeyham & Cheese Sandwich	Each	33.8
Yogurt Parfait Meal	Each	64.91
Yogurt, Granola & Fruit Parfait	Each	47
Mozzarella Cheese Stick	Each	1
Assorted Crackers	Each	16.9
Chef Salad with Turkey Ham & Sunchips	Each	38.7
Chef Salad with Fajita Chicken & Sunchips	Each	39.45
Sunchips – Whole Grain 2 oz	Each	28
PB & J Meal	Each	49.9
Jamwich	Each	32
String Cheese, Mozzarella	Each	2
Cheese Stick, Cheddar	Each	0
Cracker, Assorted	Each	16.9

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	P½ 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 Crinkle Cut French Fries	½ C	14
Green Beans	½ C	3
Vegetable Fruit Juice (4.23 oz)	Each	13
Corn, Canned	½ C	15.6
Broccoli Florets	½ C	2.9
Broccoli & Carrot Mix	Each	5.2
Small Side Salad	1 C	2.23
Veggie Cup (beans, corn & broccoli)	¾ C	22.17
Shredded Lettuce & Tomato Side	¾ C	2.82
Milk Choices	Serving	Carbs
1% White Milk – 8 oz	Carton	16
Nonfat White Milk – 8 oz	Carton	14
Nonfat Chocolate Milk – 8 oz	Carton	21



Lisa Vorce, R.D., SNS
 Nutritionist
 Nutrition Services, Twin Rivers USD
 916-566-1600 Ext, 36267

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.

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