

2021-2022 School Year

Supper Menu Carbohydrate Count

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

Menu Item - Entree	Serving	Carbs	Fruit & Vegetable's	Serving	Carbs
Turkey (Ham) & Cheese Sandwich	Each	33.83	Fresh Apple Slices (6 Slices)	½ C	9.1
Turkey Pizza Nada Pocket	Each	32	Fresh Orange Slices	1 Each	15.39
Cheese Pocket	Each	30	Fresh Banana	Each	26.95
Turkey Hot Dog on WG Bun	Each	31	Craisins	Pkg.	28
Beef Hamburger on WG Bun	Each	30.6	Applesauce	Each	14
Beef Cheeseburger Sliders	Package	29.8	Juice, 100% Fruit (Asst. Flavor)	Each	14.8
Beef Rib Mini Twins	Each	46	Veggie Juice, Gold Rush (Red Orange) 10g	Each	10
Chicken Sandwich on WG Bun	Each	45	Juice Veggie, Fruitable Plus	Each	13
Chicken Nuggets(Tyson)	5 Piece	16	Frozen Vegetable Juice, JJ Cup	Each	18
Beef Taco Stick	Each	31.87	Fruit Cup Nu Health, Pineapple or Mandarin	Each	17.5
Cheese Flauquito	Each	31	Fruit Cup, Variety Zee Zee	Each	16
Pizza (Papa Murphys) Cheese	Each	32.6	Wawona Frozen Fruit Cup	Each	19.7
Pizza (Papa Murphys) Pepperoni-Pork	Each	32.5	Corn, Canned	½ C	15.63
Turkey Peperoni Stuffed Sandwich	Each	31	Diced Pears, Canned	½ C	16
Yogurt Power Meal – Items see snack menu	Each	38	Diced Peaches, Canned	½ C	17
Menu Item - Snacks	Serving	Carbs	Mixed Fruit, Canned	½ C	17.29
Yogurt with Fruit (4 oz) Dannon	Each	14	Refried Beans	½ C	20.55
Cheese Stick (1oz) Mozzarella or (Cheddar 0g)	Each	1	Baby Carrots	¼ C	6.1
Cheeto Puffs	Bag	14	Crinkle Cut Fries	½ C	14
Nacho Cheese Doritos	Bag	16	Seasoned Potato Wedges	½ C	20
WG Pretzel Goldfish	Each	16	Sweet Potato Fries	½ C	25
Cheez-it Cracker	Each	14	Hash Brown Potato	1 Each	8
Cheese Goldfish	Each	14	Broccoli Florets	½ C	2.92
Cheddar Cheese Dip	Each	14	Green Salad	1 C	2.37
Sunbutter Cup	Each	7	Marinara Sauce Cup	Each	7
Sunflower Seeds, Salted	Each	6	Condiments	Serving	Carbs
Supper Cereal	Each	23.72	Ketchup	Packet	2
Multi-Grain Cheerio	Each	23	Ranch Dressing	Packet	2
Muffin Variety 1grain	Each	23.3	BBQ Sauce	Packet	4
Chex Mix, Asst. Flavors	Each	20.7	Taco Sauce	Packet	1.06
Milk	Serving	Carbs	Mustard	Packet	0
1% White Milk	Carton	16	Mayo	Packet	0
Nonfat White Milk	Carton	14			
Nonfat Chocolate Milk	Carton	21			



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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.