

2016-17 Carbohydrate Information

8/10/2016

Entrée	CHO	Bread	CHO	Vegetable	CHO	Condiments	CHO
Asian Chicken Noodle Bowl, Rice, Vegetable	125	Assorted Bread Choice	20	Assorted Hot Vegetable	10	Asian Orange Sauce, 2 oz.	24
		Bagel plain Sliced, 2.5 oz.	35			Banana Hot Peppers, 1 oz./15 pcs	1
1 - Bosco Pretzel Cheddar Stick	27	Bagel plain Sliced, 4 oz.	55	Beans, Baked (Bush's), 1/2 cup	29	BBQ Sauce, 1 oz.	8
1 - Cheese Bosco Breadstick WG 6"	15	Bagel-fuls, Cinnamon	32	Beans, Cut Green, 4 oz.	8		
Bacon, 1 slice	<1 or 0.35	Bagel-fuls, Cream Cheese	29	Beans, Garbanzo, 1/4 cup	8	Caramel Sauce, 2 oz	42
Beef Rib Pattie Honey BBQ, 3.25 oz	12	Biscuits	27	Beans, Kidney, 4 oz.	20	Cheese, Light Cream, 1 oz	2
Beef, Taco Filling, 2 oz.	3.15	Bread Slice, Banana	44	Beans, Refried, Low Sodium	20	Cherries, Maraschino, 1 pc	2
Burger, Black Bean (Veggie)	15	Bread Slice, Blueberry	43	Beans, Refried, Vegetarian, 4 oz.	17		
Burger, Turkey, 2.4 oz.	0	Bread Slice, Zucchini	43	Beets, 2 oz	4	Dressing - Caesar Lite House 2 Tbsp	1
Burger, Elementary	1	Bread, Loco Gordita	26	Black Beans, In Brine 1/2 Cup(fermano)	18	Dressing - FF Italian Pkt	1
Burger, Secondary	0	Bread, Loco Squares	26	Broccoli, Fresh 4 oz.	4	Dressing - FF Ranch Dressing, Pkt	4
		Bread, Wheat, 2 Slices	26	Broccoli, Cheesy with 1/2 oz. sauce	7.08	Dressing - FF Raspberry Vinaigrette, 1.5 oz.	11
Cheese Cup, Mucho Queso, 3 oz	15	Bun, Burger	22	Carrots, Fresh Baby Bag	8	Dressing - Honey Mustard, 2 Tbsp.	9
Cheese Cup, Nacho Sauce, 3 oz.	14	Bun, Hot Dog	11	Carrots, Parisian, 4 oz.	11	Dressing - Lite Ranch dressing, 2 Tbsp	2
Cheese Mozzarella, 1 oz.	1	Bun, Submarine 6"	27	Celery Sticks, 3.5 oz	3	Dressing - Nikki's Greek, 2 Tbsp.	6
Cheese, American Yellow, 1 oz. 2 Slices	1	Noodles, Chow Mein 1/2 cup	18	Corn, Canned	15	Dressing - Reduced Golden Italian Dressing, 2 Tbsp	6
Cheese, Cheddar, Shr, 1/4 cup	1	Noodles, Lo Mein	122	Corn. Fresh Frozen Sweet , 4 oz.	16		
Cheese, Feta, 1/4 cup	1	Pasta Noodles, 5 oz	44	Cucumbers, 2 slices	0.30		
Cheese, Mozzarella Shr, 1 oz.	1			Edamame, Roasted and Salted 1 oz.	10		
Cheese, Mozzarella String, 1oz.	1	Pasta Noodles, frz. Penne, 5 oz.	43	Edamame, Shelled, 3 oz.	9	Gravy, Beef, 2 oz.	3
Cheese, Provolone, 1 oz = 2 slices	1	Pretzel, Soft Rod, 1.0 oz.	14	Lettuce Blend, Spring Mix, 3.5 oz.	4	Gravy, Chicken , 2 oz.	3
		Pretzel, WW Soft, 2.2 oz.	30	Lettuce, Iceberg, 3 oz	3		
Chicken, Boneless Wings (6 pieces)	18	Rice, Whole Grain, 1 cup cooked	36	Lettuce, Romaine Blend with Iceberg Blend, 3 oz.	3	Ketchup - Heinz, 1 Pkt	2
Chicken, Boneless Wings Spicy (6 pieces)	12	Saltine Crackers, 2 pkg. Tortilla Chips, Barrel O'Fun Bulk, 10 chips	7	Onion Rings, 5 pcs	28	Ketchup - Red Gold, 1 Tbsp.	5
Chicken Fajita Strips, 3 oz.	2		18	Onion, 2 oz.	3		
Chicken Nuggets, Homestyle, Elem. 5 pc.	13	Tortilla, Chips, Round, Ind Bags	37	Peas and Carrots, Diced 4 oz	7	Margarine Solid, 1 Tbsp.	0
Chicken Nuggets, Homestyle, Sec. 6 pc.	15.6	Tortilla, Soft Flour Shell, 10"	29	Peas, Frozen 1/2 cup	12	Mild Salsa, 2 oz.	4
Chicken Nuggets, Football, Halloween, Heart, Zoo Crew 4 pc.	20	Tortilla, Soft Flour Shell, 6"	15	Pepper, Green or Red,	6	Mustard, 1 Pkt	0
		Waffle, Dutch	43	Pizza Dipping Sauce, 4oz.	15		
Buy 1 get 1 Free Chicken Tender on Tortilla 6"	78	Fruit	CHO	Potato , Hashbrown Cubes, 1/2 cup	25	Olives, Black, Sliced, 2 tbsp	1
Chicken Parmesan w/ Pasta	16, 52	Assorted Fruit Choice (Averaged)	16	Potato Stix, Reduced Sodium Seasoned Potato 4 oz.	34	Olives, Kalamata, 4 each	2
Chicken Patty, only 3.05 oz.	13	Chilled Fruit (Averaged)	16	Triangle, 2 pc.	29	Parmesan Cheese, Pkt	0
Chicken Smackers, 10 pc	20	Apples, Fresh Sliced, in bag	7	Potato, Mashed Potato, 4 oz.	15	Pickle Spear	0
Chicken Tender, Elem 3 pc.	15	Applesauce Cup, Blueberry	22	Potato, Regular Cut Seasoned, 4 oz.	33		
Chicken Tender, Sec 3 pc.	16	Applesauce Cups	22	Potato, Spiral Cut, 4 oz.	26	Sour Cream, Lite, 2 Tbsp.	3
		Applesauce, 1/2 cup	13	Potato, Spiral Cut, Seasoned, 4 oz.	28	Spread, Garlic, 1 oz	2
Corn Dogs, Mini Elem 6 pcs Sec 9 pcs	27 40.5	Banana, Fresh	27	Potato, Spudsters, 7pc	32	Sweet & Sour Sauce, 1 oz.	12
		Blueberries, 2 oz.	7.0	Potato, Sweet Mashed, 1/2 cup	27	Sweet Chili Sauce, 2 oz.	26
Fiesta Macaroni Bake (Secondary)	30	Clementine Oranges	9	Potato, Sweet Potato Bites, 10 pc.	20		
Fish, Pollock	16	Craisins	28	Potato, Tator Tots, 4 oz.	28.4		
Ham for sandwiches, 2.0 oz.	.56	Fruit Roll-Ups	11	Potatoes, Concertinas, 4 oz	32	Taco Sauce, 1 Pkt	0
Hot Dog only	2	Fruit Snacks	34	Potatoes, Crispy Cubes, 4 oz	24	Texas Pete Hot Sauce, 1 tsp.	<1
Hummus & Veggie, 2oz celery 2g, 2 oz carrots 3.66 g, 2 oz hummus 8g	20	Fruit Mix, 1/2 cup	19	Potatoes, Roasted Baby Baker, 7 pc.	26.25		
Hummus, 2 oz.	13	Fruit, Apple & Grape Mix (giggles) 3oz.	10	Pudding, Homemade Sweet Potato	24	Whipped Topping, 2 Tbsp	2
Popcorn Chicken - 10 pc. Elementary	20	Fruit Pocket, Apple Pie	54	Radishes	0		

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Entrée - cont'd	CHO	Fruit - cont'd	CHO	Vegetable	CHO	Cereal, Bowl Pack	CHO
Mashed Potato Bowl, Secondary	43	Grapes, Red or Green, 3 oz.	15	Salsa, Mild, 2 oz	4	Cheerios	14
		Mandarin Oranges, 4 oz.	23	Spaghetti Sauce, 4 oz.	10	Cinnamon Chex	23
E.Z. Jammers 2.4 oz (Soy Butter & Grape Jelly)	28	Peach Cups, 4 oz.	13	Spinach, 1 cup	<1	Frosted Corn Flakes	24
E.Z. Jammers 4.6 oz (Soy Butter & Grape Jelly)	55	Pears, Diced	16	Tomates, 1/2	2.5	Golden Grahams	24
Macaroni & Cheese, 6 oz. Mozzarella Cheese Sticks, Breaded, 5 pc	45 31	Pineapple, 1/2 cup	22	Tomato, Fresh Grape Cherry	1	Zucaritas, Choco Flakes	24
Nacho - Elementary Beefy Nacho (Chips, 2 oz. Meat, 1 cup cheese sauce)	56	Raisels	35	Vegetables, Corn & Black Bean, 4 oz	24	Cereal Pouches	CHO
		Mixed Berry & Lemon Swirl	19	Vegetables, Mediterranean Blend, 4 oz	8	Cinnamon Toast Crunch Crisps	22
* Pepperoni, 3 slices	0.19	Side Kick Fruit Slushie	22			Fruit Loops	24
Philly Beef Steak, 2.86 oz	3	Luigi's Sorbet, Frozen, Blue Rasp	19	Vegetables, Sante Fe Blend, 4 oz	12	Krave S'mores	21
		Luigi's Sorbet, Frozen, Lime	19	Vegetables, Sonoma Blend, 4 oz	6	Breakfast	CHO
		Strawberries Frozen, 1/2 cup	6			1/2 Egg, Hard Boiled	0
Pizza, Big Daddy Pizza Wedge, Cheese only (Jr High & High) 1/8	43	Strawberries, Frozen Cup Syrup	22	Vegetables, Spring Blend, 4 oz	5	BeneFIT Breakfast Bar - Apple Cinnamon, 2.5 oz.	48
Pizza, Big Daddy Pizza Wedge, Cheese only, Elementary 1/10	34			Vegetables, Teriyaki Stir Fry, 1 cup	16	BeneFIT Breakfast Bar - Banana Chocolate, 2.5 oz.	48
Pizza, Bosco Stuffed Crust Square Pizza 1/8	34			Soup	CHO	BeneFIT Breakfast Bar - Oatmeal Chocolate Chip, 2.5 oz.	47
Pizza, Cheesy Garlic WG Flatbread - 2 sticks	38			Tomato Soup, 8 oz.	40		
Pizza, Domino's Cheese 8 cut	29			Chicken & Dumpling Soup, 6 oz.	38	Cinnamon Bun, Baked WW	38
Pizza, Domino's Pepperoni 8 cut	29			Chicken Noodle Soup, 6 oz.	26	Donuts, Chocolate	41
Pizza, French Bread	30					Donuts, Powdered Sugar	41
Pizza, Personal Pan 5" Elem	39	Salads	CHO	Snacks	CHO	Egg Colby Omelet	1
Pizza, Personal Pan 7" Sec	60	Antipasto Signature Salad	8	Beef Sticks, Honey Peppered, single	1	Egg Patty	1
Pizza, Cheese Quesadilla	40	Baby Green Salad (Elem)	3	Beef Sticks, Honey Peppered, 2 large	4	Egg, Scrambled	1
* Pizza Stuffer, Pepperoni - Gluten Free	41	8 oz. Romaine Blend, Spinach	3				
		Chicken Schwarma Salad	37	Cheetos, Baked	14-18		
		Asian Chicken Winger Salad	40.62	Cheez-it's	14	French Toast Stix, Cinn Glazed	31
		Fresh Green Salad (Second)	2.5			Granola Clusters, Low Fat, 2/3 cup.	48.0
* Salami, 2 oz.	1	8 oz. Romaine, Spinach,	2.5				
Shrimp Poppers, 3 oz.	21	Maurice Signature Salad	8	Doritos	19-20	Muffin, Elfin Loaf - Blueberry, 2 oz.	26
Tuna, 2 oz	1	Michigan Signature Salad	45	Fantastix, Cheetos	19-20	Muffin, Otis, Blueberry, 2 oz.	30
Turkey Breast, 3.86 oz.	2	Popcorn Chicken Salad - 6 oz. Lettuce, Cukes, Tomato,	34	Fortune Cookie	8	Muffin, Otis, Blueberry, 4 oz.	57
Turkey, Ham & Cheese KIT	40	The "Big Green Salad" 3 oz.	3.31, 8	Fruit Pie, Pocket Apple Pie	54	Muffin, Otis, Choc Chip, 2 oz.	30
Turkey, Ham and Cheese Wrap	17	Lettuce, 2 Sliced Cuke, 1 Grape The "Big Salad" 3 oz. Lettuce, 2 Sliced Cuke, 1 Grape Tomato, Edamame (Elementary)	3.31,10	Fruit Roll-Ups	11	Muffin, Otis, Choc Chip, 4 oz.	60
Juice Box	CHO	Chicago Chicken Chopped Salad	59	Goldfish Giant	19	Pancakes - Pillsbury Maple Burst	41
		Assorted Beverages	CHO	Gripz, Chocolate Chip, Keebler	20	Pancakes, Cinnamon Glaze	35
Juice Apple	15	Fruit Water, All Flavors	<1	Nature Valley Crisp, Cinnamon	25	Pancakes, Mini Chocolate Chip	39
Juice Fruit Punch	15	G2 Fruit Punch, All Flavors	7	Popcorn, Caramel or Sea Salt	9-10		
Juice Grape Blend	15	ICE, All Flavors	0	Potato Chips - Lay's	24-26	Pop Tart, Brown Sugar Cinnamon Frost, single	37
Juice Orange Tangerine	15	Powerade Zero, All Flavors	<1	Potato Chips - Ruffles	17	Pop Tart, Brown Sugar Cinnamon Frost, 2 pack	75
		Smart Water	0	Pretzels, Heartsels	15	Pop Tart, Frosted Fudge, single	38
Milk	CHO	Snapple Fruit Punch & Grape	30,42	Rice Krispie Treat	30	Pop Tart, Frosted Fudge, 2 pack	76
		Snapple GreenApple	41	Rice Krispie Treat, Mini	9	Pop Tart, Strawberry Frost, single	38
Milk, Chocolate, Fat Free - 1/2 Pint	23	Snapple, Diet, 1/2 and 1/2	1	Sun Chips	18	Pop Tart, Strawberry Frost, 2 pack	75
Milk, Strawberry Fat Free 1/2 pt	22	Snapple, Orange Mango Switch, Apple, Watermelon	43	Teddy Grahams	21	Sausage Link, Jennie-O Turkey, 2 pc.	0
Milk, White 1% - 1/2 Pint	13	Strawberry	29	Dough, Choc. Chip Cookie, 1 cookie	27	Sausage Patty, Jennie-O Turkey, 1	0

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	Switch, Black Cherry, Fruit Punch, Kiwi Straw	30	Dough, Sugar Cookie, 1 cookie	27	Texas Toast, Apple Cinnamon	45
<p>Parents & Staff Members: Please visit the web page frequently for updates to carbohydrate information.</p> <p>DISCLAIMER : This carbohydrate list for the 2016-17 school year is based entirely on information provided by the manufacturers or distributors of the associated products. The District has not made any attempt to verify the information provided by the manufacturers or distributors. Nor can the District represent or warrant the provided information is complete, accurate or fit for any particular purpose. Additionally, manufacturers and distributors sometimes change their recipes or the quantity of the products they provided in a serving. Such changes may result in changes in carbohydrate content.</p> <p>The District strongly recommends that students and others take independent measures to monitor carbohydrate intake. The District also strongly recommends that diabetic patients consult their physicians and follow medical and other advice concerning carbohydrate intake and necessary steps to insure blood sugars are maintained at appropriate levels.</p> <p>Questions concerning this list and this disclaimer may be addressed to Robert Brady, Director of Food Service, 586-797-1180.</p>	Assorted Beverages	CHO	Assorted Dairy	CHO	Sandwiches	CHO
	Vitamin Water, Acai, Dragon	4	Dannon, Yogurt Strawberry, 4 oz.	16	Chicken Shawarma Sandwich	55
	Vitamin Water, Lemonade, Straw Lemonade	5	Dannon, Yogurt Straw-Banana, 4 oz.	16	Philly Steak and Cheese Sandwich	32
	Vitamin Water, Straw Guana	3	Dannon, Yogurt Raspberry, 4 oz.	15	Chicken Hanni	36
			Dannon, Yogurt Vanilla, 4 oz.	16	Chicken Sandwich on Bun	32
			Yoplait Light NF Yogurt 4 oz Straw	11	Italian Sub, Secondary	32
			Yoplait ParfaitPro Yogurt, Vanilla 4 oz	20	Italian Sub, Elementary	30
					Grilled Cheese (2 oz. Cheese, 4 slices)	28
			Ice Cream, Sandwich Vanilla 3 oz.	25	Soft Chicken Taco (6" shell, 2.0 oz. Chix Fajita, 1/2 oz. Cheddar)	36
			Ice Cream, Crunch Bar Straw, 3 oz.	25		
		Ice Cream, Crunch Bar Choc, 3 oz.	25	Soft Beef Taco on 6" shell (3 oz. Beef, 1 oz. cheddar) or / 6" shell	36	
		Ice Cream, Bar, Orange Dream Bar	19	Buy 1 Get 1 Quesadilla	32	