

Carbohydrates (grams) for Menus - 2018-19 School Year

Fruits		Grains		Milk	
Apples (3 wedges)	8	Bread Slice	13	Skim, 8 oz	12
Apples (6 wedges or whole)	15	Brown Rice	22	1%, 8 oz	12
Apples (pkg)	9	Cinnamon Roll with Glaze	21	Chocolate Skim, 8 oz	25
Applesauce	23	Cookie	19	Strawberry Skim, 8 oz	23
Banana Half	15	Dinner Roll	28	Soy Milk, Vanilla (8.25 oz)	20
Banana, Whole	30	Dressing/Stuffing	20		
Clementine, fresh	9	Fruit Crisp	32	Misc.	
Fruit Cocktail	14	GF Bread Slice	12	BBQ Sauce Cup	16
Grapes	5	GF Cookie	24	Cheese Sauce (1 oz)	5
Mandarin Oranges	16	GF Graham Crackers	24	French Dressing (1 pkg)	7
Mixed Melon	8	GF Hamburger Bun	46	Gravy	3
Nectarine, fresh	14	GF Hotdog Bun	30	Honey Mustard Sauce Cup	9
Orange (3 wedges)	8	GF Pasta	21-23	Italian Dressing (1 pkg)	1
Orange (6 wedges)	15	GF Tortilla Shell (soft)	13	Ketchup (1 Tablespoon)	5
Peach, fresh	13	Graham Crackers	19	Margarine	0
Peaches, sliced, canned	12	Hamburger Bun	21	Mayo Packet, Red. Cal.	2
Pear, fresh	22	Pasta	21-23	Mustard	0
Pears, sliced, canned	14	Saltine Crackers (3 pkg)	21	Ranch Dressing , Red. Cal. (1 pk)	1
Pineapple	22	Saltine Crackers (3 pkg)	21	Salsa Cup	5
Sidekicks (Frozen Fruit Juice)	22	Spanish Rice	5	Syrup Cup (1.5 oz)	31
Watermelon	12	Tortilla Chips (1 oz pkg)	19		
		Tortilla Shell (soft)	27	Breakfast	
				Breakfast Pizza	20
				Egg/Cheese/Bacon Breadstick	17
				French Toast Sticks (3)	28
				Omelet	1
				Pancake on Stick	19
				Toast	13