

Elementary Lunch Menu
Carbohydrates in grams

Item	Carb/Grams	Item	Carb/Grams
Apple w/skin (small)	18		
Apple w/skin (medium)	22		
Apple w/skin (large)	25	Chicken Grill	1
Apple Juice 4 oz.	15	Chicken Taco	20
Apple Juice 8 oz.	30	Chicken Primavera	24.27
Apple Wedges 2	6.3	Chicken Glazers - 4	3
Apple Wedges 3	9.5	Chili 4 oz.	9
Applesauce	15.3	Chili 6 oz.	12
Apricot Halves LITE	12.6	Chili 8 oz.	16
Au Gratin Potatoes	11.3	Chili Crispito	22
Cooked Carrots	5.2	Coney Bun / Discontinued	
Baby Carrots 1.6 oz.	4.7	Corn Dog	33
Baked Beans	16	Cream Corn	14
Banana	27	Cut Corn	9.5
BBQ Rib	0.77	Cut Green Beans	2.6
Beef Patty	2	Egg Roll	25
Breaded Fish Patty	12	Fiestada	36
Breaded Chicken Nuggets - 5	9	Fruit Cobbler or Crisp	25
Breaded Chicken Patty	9	Fruit Cocktail LITE	12.6
Broccoli Cuts	1.3	Fruit Punch 4oz.	15
Broccoli Frozen	3.3	Galaxy Pizza	46
Burrito (Chicken)	45	Go-Gurt	13
Bean & Cheese Burrito	54	Goulash	21
Canned Cherries	2.6	Grape Juice 4oz.	21
Cauliflower Cuts	1	Green Peas	6
Cauliflower Floret Raw	0.33	Green Peppers Chopped	1.3
Celery Raw 1 stalk	1	Hot Dog In Bun	17
Celery Sticks 4 oz.	4	Kiwi Fruit W/O Skin	11
Cheese Filled Breadstick	30	Mandarin Orange Slices	11.3
Cheese Quesadilla	34	Marinara or Salsa Cup	4
Cherry Tomatoes	1.9	Mini Corn Dogs - 6	31
Cheetos 104 count	17	Mixed Fruit LITE	12
Chicken & Cheese Crispito	22	Mixed Vegetables	6.6
Chicken Drummy - 1	3	Mr. Rib	8.43
Chicken Fingers -3	11		

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Onion Rings 5	24	Refried Beans $\frac{1}{2}$ cup	23
Orange Juice 4oz.	14	Rice, Wild # 16 disher	8.25
Orange Naval Whole	18	" " # 12 disher	11
Oven Fries $\frac{1}{2}$ cup	20	" " # 10 disher	12.39
Peach Cup	30	Rye Bread	30
Peaches Disher Size # 16 / $\frac{1}{4}$ cup	9	Sauerkraut 2 Tbsp	1
" " Disher Size # 12 / $\frac{1}{3}$ cup	12	Sausage Pizza 4x6	33
" " Disher Size # 10 / $\frac{3}{8}$ cup	13.5	School Made Biscuit	20
Peanut Butter Sandwich 1 Slice	18	School Made Breadstick	17
Pear Half LITE	17	Scrambled Eggs $\frac{1}{2}$ cup	1
Pears LITE	13.3	Seedless Grapes	9.7
Peas & Carrots	9	Sloppy Joe Mix (Govt.)	6
Pepper Fries $\frac{1}{2}$ cup	27	Spaghetti W / Meat	30
Pineapple Juice 4oz.	15	Small Apple w/skin 2 $\frac{1}{2}$ " dia.	15
Pineapple Juice 8 oz.	26	Stir Fry Blend	1.6
Pineapple Tidbits LITE	10	Strawberries	4.3
Pinto Beans	12.6	Stuffed Crust Pizza	51
Pizzatas	29	Taco In a Bag 1 oz Nacho Chz Chiq	16
Popcorn Chicken	12	Tator Tots $\frac{1}{2}$ cup	20
Pork Choppette	15	Toasted Cheese	30
Potato Cubes, Seasoned $\frac{1}{2}$ cup	18	Tortilla, Flour 8 inch	20
Potatoes, Mashed	10	Tostito Chips 2 oz. Bag for Nachos	36
Potato Rounds $\frac{1}{2}$ cup	15	Trail Mix (Govt.)	12
Potato Smiles 4	24	Tri-Tator	15
Potato Sticks $\frac{1}{2}$ cup	9	Trix Yogurt	23
Potato Wedges 4	18	Turkey & Gravy	1.99
Potato, Sweet Fries $\frac{1}{2}$ cup	24	Turkey Deli Meat Only	2.6
Potato, Sweet Puff # 8 / $\frac{1}{2}$ cup	24	Turkey Tetrazzini	30
Potato, Sliced	28	Valley Maid Mixed Vegetables	6
Raisins Box	29	Watermelon Diced	3.6
Raw Cabbage Shredded	1.3	Winter Mix	2.6
Raw Onion Chopped	4.6	Whole Grain Dinner Roll 1 oz.	11.5
Raw Red Cabbage	2.3	Whole Grain Hamburger Bun 2 oz.	23
Red Beans	12.6	Whole Grain Hot Dog Bun 2 oz.	23