



Carb Counts for Riverview School District

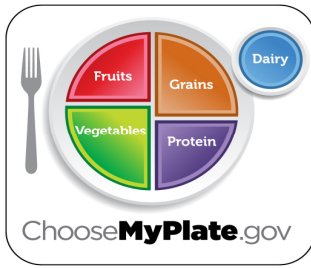


August 28, 2012

Entrees

- BBQue Pork Sandwich – **41g** (secondary)
- BBQue Pork Sandwich – **37g** (elementary)
- Beef and Cheese Lasagna – **29g**
- Beef Burrito – **22g** (elementary)
- Beef Burrito – **34g** (secondary)
- Buffalo Chicken Flatbread – **29g** (secondary)
- Buffalo Chicken Wrap – **25g** (elementary)
- Cheese and Pepperoni Stromboli – **27g**
- Cheese Stick Dippers – **51g**
- Cheeseburger on a Bun - **27g** (secondary)
- Cheeseburger on a Bun – **24g** (elementary)
- Chef Salad with 2 Dinner Rolls – **30g** (13g per roll)
- Chicken Caesar Salad with Whole Wheat Roll– **25g** (13g roll)
- Chicken Fajitas – **38g**
- Chicken Nuggets (6 Nuggets) with 2 Dinner Rolls – **40g** – (13g per roll) (secondary)
- Chicken Nuggets (5 Nuggets) with 1 Dinner Roll – **25g** (13g per roll) (elementary)
- Chicken Patty, Whole Grain on a WG Bun – **39g** (secondary)
- Chicken Patty, Whole Grain on a WG Bun – **35g** (elementary)
- Chicken Patty, Grilled on a WG Bun – **23g** (elementary)
- Chicken Patty, Grilled on a WG Bun -**27g** (secondary)
- Chicken Pot Pie – **23g**
- Chicken Salad Sandwich – **29g**
- Chicken Wrap Sandwich – **39g**
- Chopped Garden Salad with Whole Wheat Roll– **26g** (13g roll)
- Corn Dog (turkey) – **31g**
- Fish Nuggets with 2 Dinner Rolls – **39g** – (13g per roll)
- French Toast Sticks (4 each) – **31g** (elementary)
- French Toast Sticks (6 each) – **46.5g** (secondary)
- Syrup – 1.5oz – **31g**
- Sausage Patty (turkey) – 2oz – **0g**
- Garden Salad with Whole Wheat Roll – **27g** (13g roll) (elementary)
- General Tso’s Chicken with 1 cup Brown Rice – **74g** - (35g 1 cup rice)
- General Tso’s Chicken with ½ cup Brown Rice – **56.5** – (17.5g ½ cup rice)
- Grilled Chicken Wrap – **35g**
- Ham and Cheese on a Pretzel Roll – **45g**
- Ham and Cheese Sandwich – **23g** (elementary)
- Hamburger on a Bun – **23g** (elementary)
- Hamburger on a Bun – **27g** (secondary)

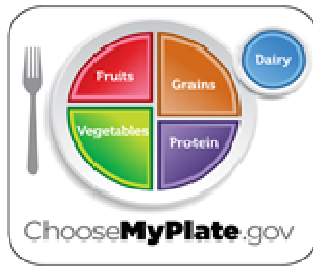
- Hot Turkey Sandwich – **31g**
- Italian Meatball Hoagie – **39.5g** (secondary)
- Italian Meatball on a Hotdog Bun – **34g** (elementary)
- Nacho Grande – **41.50g**
- Philly Steak Hoagie – **26g** (secondary)
- Pizza, Cheese - **29g** (secondary)
- Pizza, Cheese Nardones – **28g** (elementary)
- Pizza, French Bread – **39g**
- Pizza, Pepperoni - **29g** (secondary)
- Popcorn Chicken with Dinner Roll –**28g** - (15g per roll)
- Soft Shell Tacos – Beef – 2 Shells – **35g** - (16g per shell)
- Stir Fry with 1 cup Brown Rice - **46g** (35g rice)(secondary)
- Stir Fry with 1/2 cup Brown Rice –**28.5g** (17.5g rice)(elementary)
- Toasted Cheese Sandwich – **30g**
- Tuna Melt – **33g**
- Tuna Salad Sandwich – **35g**
- Turkey and Cheese Quesadilla – **37g**
- Turkey and Cheese Sandwich – **26g**
- Turkey Ham Sandwich – **26g**
- Turkey Sandwich – **26g**
- Turkey Taco Wrap – **37g**
- Whole Grain Pasta (1 cup) w/Meat Sauce and Dinner Roll – **64g** - (13g roll)



Fruits

- Apple, fresh - 1 each (138 cs) – 34g
- Apple Crisp (USDA Recipe) – ½ cup – 32g
- Applesauce – ½ cup – 14g
- Applesauce, strawberry - ½ cup – 12g
- Apple Slices – Canned – ½ cup - 9g
- Apple Slices with Cinnamon – ½ cup – 10g
- Banana - Fresh - 1 – 30g
- Cantaloupe – Fresh – ½ cup – 12g
- Cherry Crisp (USDA Recipe) – ½ cup – 31g
- Cherries – Frozen - ½ cup - 8.5g
- Grapes – Fresh – ½ cup – 8g
- Honeydew – ½ cup – 12g
- Juice:
 - Apple - 4 oz – 15g
 - Grape - 4 oz – 17g
 - Orange - 4 oz - 13g
- Mandarin Oranges – ½ cup – 20g
- Mixed Fruit – ½ cup – 18g
- Orange - Fresh 1 each (138 cs) – 19g
- Peach Slices – ½ cup – 18g
- Pear – Fresh - 1 each (120 cs) – 25g
- Pear Slices – ½ cup – 16g
- Pineapple Tidbits – ½ cup – 17g
- Strawberries, frozen – ½ cup – 33g
- Watermelon – ½ cup - 5.75g

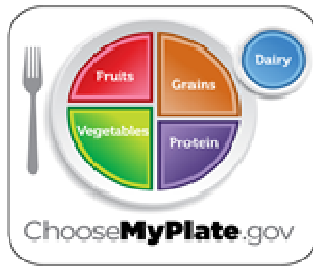




Vegetables

- Baked Beans - 1/2 cup – 23g
- Broccoli, Fresh - 1/2 cup – 8g
- Broccoli and Cheese - 2/3 cup - 12g
- Broccoli, Steamed - 1/2 cup – 10g
- Carrots - Fresh - 1/2 cup – 9g
- Carrots, Steamed - 1/2 cup - 8g
- Carrots, Glazed - 1/2 cup – 16g
- Cauliflower – Fresh - 1/2 cup - 5g
- Celery Sticks – Fresh - 1/2 cup - 3g
- Cole Slaw - 2/3 cup - 5.5g
- Corn on the Cob - 1 each – 19g
- Corn, Steamed - 1/2 cup - 16g
- Cucumber - 1/2 cup – 2g
- French Fries, Oven Baked - 1/2 cup – 27g
- Green Beans - 1/2 cup – 4g
- Hash Brown Potatoes - 1/2 cup – 14g
- Mixed Vegetables, Steamed - 1/2 cup – 7g
- Oriental Vegetables - 1/2 cup – 5g
- Peas, Steamed - 1/2 cup – 11g
- Potato, Baked, Plain - 1 each – 26g
- Potato Salad (USDA Recipe) - 2/3 cup – 18g
- Romaine Salad, No Dressing - 1 cup – 0g
- Spinach Salad, No Dressing - 1 cup – 1g
- Tator Tots - 12 tots (1/2 cup) – 30g
- Tomato Soup - 1 cup – 19g
- Tossed Salad, No Dressing - 1 cup – 4g
- Whipped Potatoes - 1/2 cup – 23g
- Gravy – 2





Condiments

- BBQ Sauce - 1oz – 12g
- Balsamic Vinaigrette - 1oz – 4g
- French Dressing - Fat Free - 1oz – 8g
- Ketchup - Heinz - 1oz – 7g
- Honey Mustard - 1oz – 7g
- Hot Sauce - .5oz – 0g
- Italian Dressing, Fat Free - 1 packet – 5g
- Italian Dressing, Fat Free - 1oz - 3g
- Margarine - 1 each (5g) – 0g
- Mustard - 1oz – 0g
- Mayo – Light - 1oz – 2g
- Pizza Sauce - 2oz – 5g
- Ranch Dressing, Low Fat – Heinz - 2Tbsp – 8g
- Relish - 1oz – 3g
- Salsa – USDA - 2oz – 4g



Milk

- Fat Free Chocolate Milk - 8oz – 26g
- 1% Strawberry Milk - 8oz – 25g
- 1% Vanilla Milk - 8oz – 25g
- 1% Low Fat White Milk - 8oz – 12g
- Fat Free White Milk - 8oz – 13g



***The data contained within this report was obtained from Nutrition Fact Labels, USDA Commodity Food Fact Sheets, and Nutrikids Menu Planning and Nutritional Analysis software. Ingredients and menu items are subject to change without notice. Please consult a medical professional for assistance in planning for or treating medical conditions. ***