

Carbohydrate Count of Menu Items TASD, Child Nutrition Dept. 2011-2012 School Year

Entrée	Vegetables/ Fruits	Condiments	Bread	Desserts	Beverages
Apple Pastry Stick-45g	Pickle Spear-1.00 g	Mayo, Red.Fat-0g	Whole wheat roll-30g	Pine. Up. Down Cake-45g	Lowfat milk Straw.-24g
BBQ Chicken-7.5g	Baked Beans-15g	Carmel Sauce-23g	Italian Breadsticks-30 g	Apple Honey Crisp-23g	Lowfat milk White-12g
BBQ Pork Sandwich-30g	Baked Potato-15g	FF Ranch-2g	Baked Chips 15g	Gelatin w/ Fruit-21g	Lowfat milk. Choc.-24g
Beef Taco Pie-20g	Black eye Peas-7.5g	Gravy-15g	Biscuit-23g	Peach Cobbler-45g	Lowfat milk. Cook.-24g
Breakfast Bagel-15g	Broccoli Salad-1.25g	Ketchup-2g	Cornbread-30 g	Straw. Fruit Gelatin-21g	Orange Juice-15g
Breakfast Burrito-22g	Carrot Sticks-1.25g	Mustard-0g	Crackers-15g	Sweet Potato Pie-53g	
Breakfast Hot Pocket-45g	Green Beans-1.25g		Hot Roll- 30 g		
Breakfast Pizza-15g	Mashed Potatoes-7.5g		Pretzels-19g		
Ceraal-45g	Pinto Beans-15g		Tortilla Chips-15g		
Cheese or Sausage Pizza-30g	Raw Veggie Strips-1.25g		Syrup-45g		
Chicken Nuggets-15g	Salsa-1.25g				
Chicken Sandwich-45g	Sandwich Trimmings-5g				
Chicken Spaghetti-17g	Seasoned Carrotts-5g				
Chicken Tenders-15g	Spinach Salad-1.25g				
Chili Dog-24g	Sweet Potato Crucnh-27g				
Cinnamon Roll-45g	Three Bean Salad-7.5 g				
Fish Sticks-30g	French Fries-30g				
French Toast Sticks-30g					
Grill Cheese Sandwich-30g	<b>Fruits</b>				
Ground Beef & Macaroni-22g	Spiced Apples-12g				
Ground Beef & Sp. Rice-22g	Assorted Fresh Fruit-15g				
Ham Sandwich-30g	Apple Wedges-7.5g				
Hamburger-30g	Mand. Orange Salad-15g				
Honey Bun-45g	Orange Smiles-15g				
Hot Dog-23g	Pineapple Pleasure				
Meatloaf-5g	Strawberries-7.5g				
Oven Fried Chicken-5g	Watermelon Wedge-20g				
Pancake & Sausage Stick-15g					
Pork Roast/gravy-15g					
Rib Patty Sandwich-30g					
Salisbury Steak-15g					
Sausage Biscuit-23g					
Sausage Roll-30g					
Sloppy Jo-31g					
Spaghetti w/ Meatsauce-21g					
Super Doughnut-45g					
Taco Soup-15g					
Turkey Club-30g					
Turkey roast w/ gravy-15g					
Vegetable Beef Soup-15g					
Waffle Sticks-30g					