



PLYUSD 2017-2018
Total Carbohydrate Counts
ELEMENTARY

Breakfast Items	Grams of Carbohydrates
Apple Bake	55.98
Bagel & Cream Cheese	33.5 + 1
Blueberry Bake	42.3
Breakfast Bean & Cheese Burrito	18.12
Breakfast Pizza Bagel	23.16
Burrito, Egg, Potato, Sausage & cheese)	16.72
Cheese Swirls	22
Chicken Chorizo / Egg wrap	16.18
Cinnamon Roll	54
Double Choc Chip Muffin	47
Egg & Sausage Breakfast Sliders	22 (for both)
Egg Cheese & Turkey Bacon Toast	18
French Toast Sticks	31.15
Ham & Cheese Croissant	17
Mini Apple Breakfast Bites	39
Mini Blueberry Waffles	38
Pan Dulce	34
Pancake Wrapped Sausage	17
Pancake, mini - Banana	37
Pancake, mini – Choc Chip	41
String Cheese	1
Sunny Side Up Sandwich (turkey, egg, cheese)	30
Sunrise Sandwich (Sausage & Cheese)	15.1
Yogurt (4 oz) + Housemade Granola	16 + 42
Cereal, Rice Chex	24
Cereal, Cinnamon Toast Crunch	22
Cereal, Cheerios (Regular, Fruity, Apple Cinnamon)	22



Lunch Items	Grams of Carbohydrates
Burrito (bean & cheese)	40.95
Cheese Burger	30.1
Chicken & Waffle	13+38
Chicken Alfredo	38.5
Chicken Nuggets (5ea)	16
Chicken Patty W/ Bun	42
Chicken Soft Tacos (2)	30
Chicken Tenders	13
Chili & Tots	19
Double Dogs	31.5
Grilled Cheese Sandwich	24.13
Home-style Meat Patty	8
Mac N Cheese	36
Mini Corndogs	1
Orange Chicken / Rice	11+28
Pizza Bread Stick, Pepperoni	29
Pizza, Personal Round	31
Pizza, Wedge	32
Rib-B-Que Sandwich	35.58
Rotini and Meat Sauce	31.5
Salad, Asian Chicken (include crunchy noodle)	43.8
Salad, Chicken & Ranch (no Chips)	12
Salad, Chicken Caesar (w/croutons)	15.35
Sunbutter Sandwich	28
Teriyaki Chicken/Rice	15.5+28
Turkey Taco Meat, Chips	3 + 31
Waffle- (Breakfast for Lunch) & Syrup	28.27+31



Fruits	Grams of Carbohydrates
Apple fresh	19.6
Apple Slices, pouch	8
Apple Sauce Cups	14
Apricot Cups	25
Strawberry Cups	22
Peach Cups	19
Banana	23
Canned Fruit	13.8
Kiwi	12.5
Mandarin Orange (barrel)	17
Orange	15.4
Pineapple (barrel)	18
Rosy Applesauce	22
Vegetables	Grams of Carbohydrates
Beans, Pinto (refried)	32
Broccoli	8
Carrot	7
Carrot & Celery Stick	3.3
Corn	15.25
Cheesy Scallop Potato	22
Garden Salad	1.5
Lettuce & Cheese Cup	2
Mashed Potato	14.89
Potato Wedges	19
Salsa Cup	2
Tater tots	17

Sides & Extras	Grams of Carbohydrates
Baked Cheetos	29
Chez IT	28
Doritos	16
Fortune Cookie	7
Garlic Toast	15
Holiday Cookie (Elementary)	16
Ranch 1.5 oz	6
Scooby Grahams	21
Sun Chips	18
Tortilla Chips	31
Corn Star Muffin	25
Elf Grahams	17
Dinner Roll	