



**PYUSD 2017-2018**

**Middle schools**

**Total Carbohydrate information on Breakfast, Lunch, Side Dishes, Beverages**

<b>Breakfast</b>	<b>Gram Carb</b>	<b>Lunch</b>	<b>Gram Carb</b>
Pan Dulce	45	Bean & Cheese Burrito	56
Bagel W/ cream cheese	44.6	Orange Chicken w/ Steamed Rice	56
Yogurt Parfait	45	Chicken Tenders w/ Potato Wedges	58
Mini- Powdered Donuts	45	Popcorn Chix, Potatoes, corn, Biscuit	79.75
Assorted Cereal	23	Spicy Chicken Sandwich	41
String Cheese	0	Spicy Teriyaki Chicken w/ Rice	43
Pancake & Sausage Wrap	17	Cheese Burger	29
Hot Ham & Cheese Croissant	17	Pork Carnitas W/ Rice & Corn Tortilla	48.5
Waffle stick w/ Sausage	16	Crispy Chicken Patty Sandwich	41
Breakfast Pizza Stick	29	Spicy Grilled Cheese Sandwich	31.80
French Toast Stick w/ Sausage	43	Corn Dog	30
		Nacho W/ Taco Meat, Bean, Chips	68
Fresh Orange	15.4	Chicken Parmesan Sandwich	43.5
Fresh Apple	19.6		
Apple Slices, Pouch	8	Pizza, cheese	32
Canned Fruit	13.8	Pizza, Pepperoni	32
Banana	27		
Tater tots	17		
Potato Wedges	19.38		
Carrots	7		
Jicama	6	Turkey & Cheese Hoagie	29.7
Broccoli	8	Turkey ranch Wrap	20.4
		Chicken Caesar Wrap	20.4
Orange juice 4 oz	13.5	Ham & Cheese Hoagie	29.7
Apple Juice 4 oz	14.5	Buffalo Chicken Wrap	33.4
Milk,1% Unflavored	14	Entrée Salad, Asian chicken	12
Milk, Chocolate nonfat	22	Entrée Salad, Cesar chicken	8
Milk, LACTAID	13		