



PYUSD 2016-2017

Middle schools

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

Breakfast	Gram Carb	Lunch	Gram Carb
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 Wrap	17	Cheese Burger	29
Breakfast Burrito	25	Pork Carnitas W/ Rice & Corn Tortilla	48.5
Waffle stick w/ Sausage	16	Crispy Chicken Patty Sandwich	41
Chicken Biscuit Sandwich	32	Korean BBQ chicken w/ Rice	49
French Toast Stick w/ Sausage	43	3 Cheese Panini Sandwich	30
Fresh Orange	15.4		
Fresh Apple	19.6		
Apple Slices, Pouch	8	Pizza, cheese	32
Canned Fruit	13.8	Pizza, Pepperoni	32
Banana	27	Pizza, BBQ Chicken	47.5
Tater tots	17	Pizza, Hawaiian	35
Potato Wedges	19.38	Pizza, Buffalo Chicken	33.7
Carrots	7	Pizza, Meat Lover	32
Jicama	6	Turkey & Cheese Hoagie	29.7
Broccoli	8	Turkey ranch Wrap	20
		Italian Hoagie	37
Orange juice 4 oz	13.5	Ham & Cheese Bagel	29
Apple Juice 4 oz	14.5	Entrée Salad, Cesar chicken	8
Milk,1% Unflavored	14	Entrée Salad, Asian chicken	12
Milk, Chocolate nonfat	22		
Milk, LACTAID	13		