

Marysville Joint Unified- Nutrition Services

Carbohydrate Count of Elementary and Intermediate Menu Items in Grams

Entrée Items	CHO	Fruit	CHO	Vegetables	CHO	Breads/Grains	CHO
Baked Chicken Parts (Breaded)	7	Apple	13.81	Broccoli Florets	2.3	Apple Bear Claw WG	44.9
Baked Chicken Parts (Oven Rst)	0	Apricots, canned	16.49	Buffalo Fries	19	Apple Danish WG	44.9
Beef BBQ Rib on 4" WW Bun	38.5	Banana	22.84	Carrots (snack pack)	5	Biscuit "2 W Saug. Patty (50-7030)	25.5
Beef BBQ Rib on 6" Deli Roll	36.5	Fruit Cocktail	14.93	Corn (canned)	7.71	Biscuit 2" Bridgford	25
Beef BBQ Rib on Ham. Bun	50.5	Fruit Cup (CDE)	20.03	Curly Fries	20	Cheesy Bread Sticks	18
Beef Teriyaki Slam Dunker	10.4	Fruit Cup-Apricot (CDE)	26.13	Green Beans	4.95	Cherry Danish WG	44.5
Breakfast Burrito w/Salsa (Elm. & Inter)	26.23	Fruit Cup-Fresh (#388)	14.18	Jicama Sticks	1.16	Cinnamon Glaze Toast	31
Breakfast Burrito W/Salsa (HS)	32.16	Fruit Cup-Peach (CDE)	23.76	Lettuce/Tomato	0.94	Cinnamon Roll (Riches)	34
Breakfast Wrap	14	Fruit Cup-Staw (CDE)	20.74	Mashed Potato	2.69	Cinnamon Tastries (Schwan's)	39
Burrito Bean & Cheese (BB)	56	Fruit Snack (Fruit Flats)	12	Oriental Vegetables	5.11	French Toast Sticks WG	28
Cheese Breadstick	18	Fruit Squiggles	16	Oven Fries (CDE)	3.93	Muffin, Apple Cinnamon WG (1.5oz)	16.7
Cheese Omelet (Colby)	1	Grapes	16.34	Pickle Spears	0	Muffin, Apple Cinnamon WG (3oz)	33.3
Cheese Pizza (6 Cut)	32.82	Kiwi	6.49	Potato Rounds (CDE)	9.5	Muffin, Banana WG (1.5oz)	17.8
Cheeseburger w/ 4" WW Bun (50-1060)	29.3	Mandarins	9.3	Potato Smiles	19	Muffin, Banana WG (3oz)	35.6
Cheeseburger w/ 4.5" Bun (Colossal Patty)	40.1	Orange	11.75	Potato Wedges (CDE)	29.7	Muffin, Blueberry WG (1.5oz)	18
Cheeseburger w/ Bun	29.1	Peaches	8.3	Potato Wedges (Ranch)	19	Muffin, Blueberry WG (3oz)	36
Chicken Chunks (50-4160)	11	Peaches, canned	14.55	Potato Wedges (Savory)	18	Muffin, Cherry WG (1.5oz)	16.7
Chicken Hip Dipper, 4" Wheat	41	Pear	15.46	Salsa (CDE)	4.05	Muffin, Cherry WG (3oz)	33.4
Chicken Nugget (50-6050)	13	Pear, canned	15.17	Spanish Corn	8.27	Muffin, Chocolate Chip WG (3oz)	35.6
Chicken Strips (Sticks 50-4170)	10	Pineapple, canned	25.75	Taco Salad	26.47	Muffin, Chocolate WG (1.5oz)	17
Chicken, Spicy 4" Wheat	40.6	Sherbet Cup	27	Tossed Salad	5.1	Muffin, Chocolate WG (3oz)	34.1
Chili Cheese Wrap	36	Tangerines	11.21	Veggie Sticks	3.98	Muffin, Cornmeal WG (1.5oz)	18.4
Chili Hot Dog	38.76	Whole Fruit Bar	10	Zucchini Slices	1.09	Muffin, Cranberry/Orange WG (1.5oz)	18.6
Chorizo Eggstravaganza	2					Muffin, Cranberry/Orange WG (3oz)	37.2
Corn Dog	22	Fruit Juices 4oz	CHO			Muffin, Lemon WG (3oz)	35.5
Deli Sandwiches	42.5	Apple	14.51			Oriental Rice	29.37
Eggroll- Amy's	23	Fruit Punch	17.11			Pancake (Aunt Jemima)	40
Eggroll- Mihn	25	Grape	17.01			Rice	10.22
El Rollo Taco	56.96	Orange	14.41			Roll, Dinner	21
Fajita Gordita (Turkey Taco Meat)	37.47	Orange Pineapple	15.51			Seasoned Rice	8.89
Fajita Gordita (Chicken)	38.78					Toast, Whole-Wheat Bread	12
Frittata- Egg, Cheese, & Turkey Sausage	2	Cereal	CHO			Uncrustable, PB&J Grape	33
Grilled Cheese (Don Lee)	28	Cinnamon Toaster	1.5			Uncrustable, PB&J Honey	34
Grilled Cheese (Local)	12.5	Corn Flakes	1.5			Uncrustable, PB&J Strawberry	33
Hamburger 4.5 seeded (Int. HS.) (Colossal)	39.6	Honey Graham	1.5			Waffle Snacks Blueberry	33.99
Hamburger on 4" WW	28.8	Honey Nut Toasty O's	1.5			Waffle Snacks Cinnamon	32.65
Hamburger on Bun	26.8	Raisin Bran	3			Waffle Snacks Maple	32.55
Hot Dog	24.71	Rice Crispy	2			Waffle, Belgian Sticks	30
Kung Pao Chicken	18.4						
Mac & Cheese	32	Milk	CHO				
Mandarin Orange Chicken	14	Chocolate FF	27				
		Milk 1% LF	16				

