

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions. If you are unable to locate a particular item on this list, please email food@cps.edu.
Updated 4/5/2021

CPS 2020-2021 CARBOHYDRATE REPORT

Category	Recipe Name	Portion Size	Carb (g)
Milk	1% Milk	Carton	12
Breakfast	Apple Cherry Bar	Each	39
Breakfast	Apple Cinnamon Muffin	Muffin	28
Fruit	Applesauce Cup	1 Each	14
Vegetables	Baby Carrots	1/4 Cup	3
Vegetables	Baby Carrots	1/2 Cup	6
Breakfast	Banana Bread	Slice (1.45oz)	20
Breakfast	Banana Muffin	Muffin	28
Lunch Entrée	BBQ C. Meatball Sub	Each	60
Lunch Entrée	BBQ Chicken & Cheese Sandwich	Sandwich	33
Lunch Entrée	Bean & Cheese Quesadilla (V*)	Each	43
Lunch Entrée	Beef & Cheese Topping (used in tacos/nachos/rice bowls)	Each	2
Lunch Entrée	Beef Chili	6 oz spoodle	23
Breakfast	Beef Sausage Patty on a Honey Corn Biscuit	Sandwich	33
Lunch Entrée	Beef Teriyaki Sub	Each	31
Breakfast	Belgium Maple Waffle	Waffle	20
Breakfast	Bkfast Chicken Sandwich on Hawaiian Roll	Sandwich	23

Category	Recipe Name	Portion Size	Carb (g)
Vegetables	Black Bean Salsa	1/4 Cup	16
Fruit	Blended Fruit Juice	Each	15
Fruit	Blueberries	1/2 Cup	9
Fruit	Blueberries	Cup	17
Breakfast	Blueberry Mini Waffles	Pouch	37
Breakfast	Blueberry Muffin	Muffin	28
Breakfast	Blueberry Muffin Top	Each	26
Breakfast	Blueberry NG Bar	Each	30
Lunch Entrée	Breaded Catfish Strips	Portion	12
Lunch Side	Brown Rice	1/2 Cup	21
Lunch Entrée	Buffalo Chicken Grilled Cheese	Sandwich	29
Vegetables	Butternut Squash (Local)	1/2 Cup	12
Vegetables	Butternut Squash (Local)	1/2 Cup	13
Lunch Entrée	C. Meatballs	Each	5
Breakfast	C. Sausage on Honey Corn Biscuit	Sandwich	33
Lunch Entrée	C.Ham & Cheese Sandwich	Sandwich	29
Lunch Entrée	C.Ham & Cheese Sub	Sandwich	29
Lunch Entrée	C.Ham, Turkey & Cheese Sandwich	Sandwich	27
Breakfast	C.Sausage Pancake Bites	5 Each	17
Breakfast	Carrot Bread	Slice (1.45oz)	21
Vegetables	Celery Sticks	1/4 Cup	1

Category	Recipe Name	Portion Size	Carb (g)
Vegetables	Celery Sticks	1/4 Cup	1
Vegetables	Celery Sticks	1/2 Cup	2
Lunch Side	Cheddar Cheese Cubes	Pkg (1oz)	0
Lunch Side	Cheddar Cheese Squares	4 Each	1
Lunch Side	Cheddar Goldfish Crackers	Package	14
Breakfast	Cheerios (GF, K, V)	Bowl	20
Lunch Entrée	Cheese Pizza	/8 Cut Slice	35
Lunch Entrée	Cheese Pizza	Pizza	35
Lunch Entrée	Cheese Pizza Crunchers	4 Each	41
Lunch Entrée	Cheese PizzaBoli	Each	34
Lunch Entrée	Cheese Stick	2 Each	34
Lunch Entrée	Cheese Sub	Sandwich	29
Lunch Side	Cheez-It Crackers (K, V*)	Package	14
Fruit	Cherry Shape Up	Each	19
Lunch Entrée	Chicken & Cheese Topping (used in tacos/nachos/rice bowls)	Each	2
Lunch Entrée	Chicken Bowl	6 oz spdl(2MM	25
Lunch Entrée	Chicken Drumstick	Each	2
Lunch Entrée	Chicken Meatballs	5 Each	5
Lunch Entrée	Chicken Nuggets	5 Each	18
Lunch Entrée	Chicken Patty Sandwich	Sandwich	40
Lunch Entrée	Chicken Patty Sandwich	Sandwich	43

Category	Recipe Name	Portion Size	Carb (g)
Lunch Entrée	Chicken Salad Sandwich	Sandwich	29
Lunch Entrée	Chicken Salad Sandwich	Sandwich	28
Lunch Entrée	Chicken Tenders	3 Each	18
Lunch Entrée	Chicken Tenders	3 Each	15
Lunch Entrée	Chili Cheese Wrap	Each	35
Vegetables	Chili Corn Salad (V, CUC Inspired)	1/2 Cup	17
Vegetables	Chili Corn Salad (V, CUC Inspired)	1/4 Cup	8
Milk	Chocolate Skim Milk	Carton	20
Fruit	Cinnamon Applesauce	Each	14
Breakfast	Cinnamon Chex	Bowl	23
Breakfast	Cinnamon Flakes	Bowl	24
Breakfast	Cinnamon French Toast	Pouch	37
Breakfast	Cinnamon Raisin Bagel	Each	27
Breakfast	Corn Chex	Bowlpack	24
Lunch Side	Corn Muffin	Each	22
Condiments	Cream Cheese PC	Each	2
Condiments	Creamy Sunflower Butter	2 TBSP	7
Breakfast	Creamy Yogurt Cup	Each	14
Vegetables	Crinkle Cut Fries	1/2 Cup	15
Breakfast	Date & Orange Bread	Slice (1.45oz)	23
Vegetables	Diced Celery (V)	1/4 Cup	1

Category	Recipe Name	Portion Size	Carb (g)
Fruit	Diced Peaches	1/2 Cup	14
Lunch Side	Dick & Jane English & Spanish Sweet Crackers	Package	22
Lunch Side	Dick & Jane Farmer's Market Sweet Crackers	Package	22
Lunch Side	Dick & Jane Food & Nutrition Sweet Crackers	Package	22
Lunch Side	Dinner Roll	Each	28
Fruit	Dried Cranberries	Box (1.16oz)	28
Breakfast	Egg & Cheese Bagel	Sandwich	31
Breakfast	Egg & Cheese English Muffin	Sandwich	26
Breakfast	Egg & Cheese Hawaiian Roll	Sandwich	20
Breakfast	Egg & Cheese Honey Corn Biscuit	Sandwich	34
Breakfast	Egg & Cheese Sandwich	Each	19
Breakfast	Egg Patty	Patty	1
Lunch Entrée	Egg Salad Sandwich	Sandwich	29
Lunch Entrée	Egg Salad Sandwich	Sandwich	30
Lunch Entrée	Fish Sticks	4 Each	18
Lunch Side	Flour Tortilla	1 Each	15
Breakfast	French Toast Bar	Each	47
Breakfast	French Toast Sticks	2 Sticks	21
Fruit	Fresh Apple	Each(138ct)	17
Fruit	Fresh Apple Slices	Each	7
Fruit	Fresh Apple Wedges (V)	4 Wedges	8

Category	Recipe Name	Portion Size	Carb (g)
Lunch Side	Fresh Baked Breadstick	Breadstick	14
Lunch Side	Fresh Baked Breadsticks	2 Breadstick	28
Fruit	Fresh Banana	Each(100-120)	24
Vegetables	Fresh Broccoli	1/2 Cup	2
Vegetables	Fresh Broccoli	1/4 Cup	1
Fruit	Fresh Cantaloupe (V)	1/2 Cup	5
Vegetables	Fresh Carrots Sticks	1/4 Cup	3
Vegetables	Fresh Cucumber Slices (V)	1/2 Cup	3
Vegetables	Fresh Cucumber Slices (V)	1/4 Cup	1
Fruit	Fresh Kiwi	4 Quarters	13
Fruit	Fresh Orange	Each(138ct)	12
Fruit	Fresh Orange Wedges (V)	8 Wedges	12
Fruit	Fresh Pear	Each	23
Breakfast	Fruit & Oats Cup	Each	23
Condiments	Garlic Mayonnaise	TBSP	1
Lunch Side	Graham Crackers	Serving	16
Condiments	Grape Jelly	Each	9
Vegetables	Green Beans (Local)	1/2 Cup	4
Lunch Entrée	Grilled C.Ham & Cheese Sandwich	Sandwich	29
Lunch Entrée	Grilled Turkey & Cheese Sandwich	Sandwich	27
Lunch Entrée	Hamburger	Each	26

Category	Recipe Name	Portion Size	Carb (g)
Lunch Entrée	Hamburger	Each	28
Lunch Side	Hard Boiled Egg	Each	1
Breakfast	Honey Corn Biscuit	Each	32
Breakfast	Honey Oats Granola Bar	Each	37
Breakfast	Honey Wheat Bagel	Each	33
Lunch Side	Honey Wheat Breadstick	Each	14
Vegetables	Jicama	1/4 Cup	4
Condiments	Ketchup	Each	3
Lunch Side	Layered Bean Dip	Serving (2MM)	47
Condiments	Lemon Pepper Dressing	1 TBSP	2
Condiments	Lemon Pepper Mayonnaise	TBSP	1
Lunch Entrée	Lightly Salted Go'Bonzo's	Package	12
Lunch Side	LoMein Noodles	1/2 Cup	24
Lunch Side	Macaroni	1/2 Cup	20
Lunch Entrée	Macaroni & Cheese	6oz spoodle	29
Breakfast	Maple Mini Waffles	Pouch	38
Breakfast	Maple Pancakes	Pouch	38
Lunch Entrée	Marinara C. Meatball Sub	Each	35
Condiments	Marinara Dipping Sauce	1/4 Cup	6
Condiments	Marinara Sauce	PC	3
Vegetables	Mashed Potatoes	1/2 Cup	15

Category	Recipe Name	Portion Size	Carb (g)
Breakfast	Mini Maple Brown Sugar Bar	Each	24
Condiments	Mustard	Each	1
Breakfast	Oatmeal	1/2 CUP	14
Breakfast	Oatmeal Raisin Bar	Each	48
Breakfast	Orange Vanilla Oat Bar	Each	37
Vegetables	Oven-Roasted Potato Medley (Local)	1/2 Cup	14
Lunch Entrée	Personal Cheese Pizza	Pizza	31
Lunch Entrée	Personal T. Pepperoni Pizza	Pizza	31
Lunch Entrée	Personal Taco Pizza	Pizza	39
Lunch Entrée	Philly Beef Cheesesteak	Sandwich	30
Lunch Entrée	Pinto & Cheese Topping (used in tacos/nachos/rice bowls)	Each	20
Lunch Entrée	Plain Popcorn Chicken	Serving	17
Vegetables	Potato Emoticons (Local)	1/2 Cup	18
Vegetables	Potato Fusion (Local)	1/2 Cup	14
Lunch Side	Pretzel Goldfish Crackers	Package	16
Lunch Entrée	Prosser Wedding Soup	Serving	18
Lunch Entrée	Prosser Wedding Soup	Serving	29
Condiments	Ranch Dressing	Each	1
Breakfast	Raspberry Lemon Oat Bar	Each	35
Vegetables	Refried Beans	1/2 Cup	20
Vegetables	Refried Beans	1/4 Cup	10

Category	Recipe Name	Portion Size	Carb (g)
Breakfast	Rice Chex (GF, K, V)	Bowl	24
Breakfast	Rice Krispies	Bowl	23
Breakfast	Rockin'Ola Strawberry Granola	Package	21
Lunch Side	Rotini	3/4 Cup	23
Lunch Entrée	Rotisserie Chicken Drumstick	Each	3
Lunch Side	Round Tortilla Chips	Cup	16
Vegetables	Seasoned Black Beans	1/2 Cup	33
Lunch Side	Seasoned Rice	1/2 Cup	22
Lunch Side	Seasoned Rice & Beans	1/2 Cup	24
Breakfast	Side of Granola	2 oz spoodle	24
Milk	Skim Milk	Carton	12
Lunch Entrée	Spicy Black Bean Burger (L&G)	Each	41
Vegetables	Spring Mix	1/2 Cup	1
Fruit	Strawberries	1/2 Cup	21
Fruit	Strawberries	Cup	41
Fruit	Strawberry Applesauce	Each	14
Breakfast	Strawberry Nutri-Grain Bar	Each	30
Breakfast	Strawberry Pancakes	Pouch	40
Fruit	Strawberry-Banana Applesauce	Each	22
Breakfast	String Cheese	Stick	1
Lunch Side	Sub Roll	Each	25

Category	Recipe Name	Portion Size	Carb (g)
Lunch Entrée	Sun Butter & Jelly Dippers	Each	72
Lunch Entrée	Sun Butter & Jelly Sandwich	Sandwich	65
Vegetables	Sweet Corn (Local)	1/2 Cup	16
Condiments	Syrup	Each	29
Lunch Entrée	T. Sausage Pizza	Pizza	35
Lunch Entrée	T.Ham & Cheese Sandwich	Sandwich	29
Vegetables	Tater Tots	1/2 Cup	16
Vegetables	Tater Tots	1/2 Cup	14
Lunch Entrée	Teriyaki Beef Dippers	4 Each	6
Lunch Entrée	Toasted Grilled Cheese	Sandwich	28
Breakfast	Triple Berry French Toast	Pouch	37
Lunch Entrée	Turkey & Cheese Sandwich	Sandwich	27
Lunch Entrée	Turkey & Cheese Sub	Sandwich	27
Lunch Entrée	Turkey & Cheese Wrap Kit	Each	30
Breakfast	Turkey Bacon Scramble Breakfast Square	Pizza	25
Lunch Entrée	Uncured Hot Dog	Each	28
Lunch Entrée	Vaughn Pho Soup	Serving	32
Lunch Entrée	Vegetable Bean Chili	8oz spdl (2MM)	34
Lunch Entrée	Vegetarian Sloppy Joe	Sandwich	86
Vegetables	Zucchini Slices	1/2 Cup	3
Vegetables	Zucchini Slices	1/4 Cup	1