

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.

CPS FALL 2020 CARBOHYDRATE REPORT

Category	Menu Item	Portion	Carbohydrates (g)
Bagel	Plain Bagel	1 Each	29.0
Biscuit	Honey Corn Biscuit	1 Each	32.0
Bread	Tortilla (6" Round)	1 Each	30.0
Bread	Carrot Bread	1 Slice	20.8
Bread	Date & Orange Bread	Slice (1.45oz)	22.5
Bread	English Muffin	1 Each	24.0
Bread	Fresh Baked Breadstick	1 Each	14.0
Bread	Hamburger Bun	1 Each	26.1
Bread	Honey Wheat Breadstick	1 Each	13.9
Bread	Hot Dog Bun	1 Each	27.4
Bread	Pumpkin-Shaped Pretzel	1 Each	31.2
Bread	Star-Shaped Pretzel	1 Each	31.2
Bread	Sub Roll	1 Each	25.2
Breakfast Bar	Apple Cherry Bar	1 Each	38.5
Breakfast Bar	Blueberry Nutrigrain Bar	1 Each	30.0
Breakfast Bar	French Toast Benefit Bar	1 Each	47.0
Breakfast Bar	Honey Oats Bar	1 Each	37.0
Breakfast Bar	Mini Maple Benefit Bar	1 Each	24.0
Breakfast Bar	Oatmeal Raisin Benefit Bar	1 Each	48.0
Breakfast Bar	Strawberry Nutrigrain Bar	1 Each	30.0
Breakfast Entrée	C. Sausage English Muffin	Sandwich	25.0
Breakfast Entrée	Egg & Cheese an English Muffin (individually-wrapped & sealed)	1 Each	31.9

CPS FALL 2020 CARBOHYDRATE REPORT

Category	Menu Item	Portion	Carbohydrates (g)
Breakfast Entrée	Egg & Cheese on an English Muffin	Sandwich	25.5
Cereal	Cheerios	Bowl	20.0
Cereal	Cinnamon Chex	Bowl	23.0
Cereal	Cinnamon Flakes	Bowl	24.0
Cereal	Corn Chex	Bowlpack	24.0
Cereal	Oatmeal	1 Serving	28.4
Cereal	Rice Chex	Bowl	24.0
Cereal	Rice Krispies	Bowl	23.0
Chips	Tortilla Chips	1 Cup	16.5
Condiment	BBQ Sauce	1 TBSP	6.0
Condiment	French Dressing	1 Pkg	3.0
Condiment	Grape Jelly	1 Each	9.0
Condiment	Italian Dressing	1 Pkg	0.0
Condiment	Ketchup	1 Each	3.0
Condiment	Marinara	PC	3.0
Condiment	Mustard	1 Each	1.0
Condiment	Ranch Dressing	1 Pkg	1.0
Condiment	Syrup	1 Each	29.0
Crackers	Dick & Jane's Crackers	Package	22.0
Crackers	Goldfish Pretzel Crackers	1 Pkg	16.0
Crackers	Graham Crackers	Serving	16.0
French Toast	Cinnamon French Toast	Pouch	37.0
French Toast	French Toast Sticks	2 Sticks	21.0
French Toast	Triple Berry French Toast	Pouch	37.0
Fruit	Applesauce Cup	1 Each	14.0

CPS FALL 2020 CARBOHYDRATE REPORT

Category	Menu Item	Portion	Carbohydrates (g)
Fruit	Blueberries	1/2 Cup	8.5
Fruit	Cinnamon Applesauce	Each	14.0
Fruit	Diced Peaches	1/2 Cup	14.4
Fruit	Dried Cranberries	Box (1.1	28.0
Fruit	Fresh Apple	Each(138	16.5
Fruit	Fresh Apple Slices	1 Each	7.0
Fruit	Fresh Banana	1 Each	24.1
Fruit	Fresh Orange	1 Each	11.7
Fruit	Fresh Pear	1 Each	22.5
Fruit	Fresh Plum	Each(45-	7.4
Fruit	Fruit Cocktail	1/2 Cup	15.4
Fruit	Fruit Juice Blend	1 Each	15.3
Fruit	Mixed Berry Applesauce	Each	14.0
Fruit	Orange Juice	1 Each	12.0
Fruit	Strawberries	1/2 Cup	20.6
Lunch Entrée	Beef Nachos	1 Each	21.6
Lunch Entrée	C. Ham & Cheese Wrap	1 Each	32.5
Lunch Entrée	C. Ham and Cheese Sandwich	Sandwich	28.4
Lunch Entrée	C. Ham and Cheese Sub	Sandwich	28.3
Lunch Entrée	C. Ham, Turkey, & Cheese Sandwich	Sandwich	26.9
Lunch Entrée	Cheese Bosco Sticks	2 Each	34.0
Lunch Entrée	Cheese Pizza Crunchers	4 Each	41.0
Lunch Entrée	Chicken Nachos	1 Each	21.4
Lunch Entrée	Chicken Nuggets	5 Each	17.8
Lunch Entrée	Chicken Patty Sandwich	Sandwich	39.2

CPS FALL 2020 CARBOHYDRATE REPORT

Category	Menu Item	Portion	Carbohydrates (g)
Lunch Entrée	Chicken Salad Sandwich	Sandwich	27.9
Lunch Entrée	Chicken Tenders	3 Each	18.3
Lunch Entrée	Hamburger on a Bun	1 Each	27.2
Lunch Entrée	Macaroni & Cheese	1 Serving	29.0
Lunch Entrée	Sun Butter & Jelly Kit	1 Each	72.1
Lunch Entrée	Sun Butter & Jelly Sandwich	Sandwich	65.5
Lunch Entrée	Turkey & Cheese Sandwich	Sandwich	26.9
Lunch Entrée	Turkey and Cheese Sub	Sandwich	26.7
Lunch Entrée	Uncured Hot Dog on a Bun	1 Each	27.0
Meat/Meat Alternate	Beef Taco Topping	2#16 scp	4.6
Meat/Meat Alternate	Catfish	1 Serving	12.2
Meat/Meat Alternate	Cheddar Cheese Cubes	Pkg (1oz)	0.0
Meat/Meat Alternate	Chicken Drum (Fully Cooked)	1 Each	2.0
Meat/Meat Alternate	Chicken Meatballs	5 Each	5.1
Meat/Meat Alternate	Chicken Sausage Patty	1 Each	1.0
Meat/Meat Alternate	Chicken Taco Topping	2#16 scp	4.5
Meat/Meat Alternate	Egg Omelet	1 Each	1.0
Meat/Meat Alternate	Egg Patty Round	1 Each	1.0
Meat/Meat Alternate	Hard Boiled Egg	1 Each	1.0
Meat/Meat Alternate	String Cheese	Stick	1.0
Meat/Meat Alternate	Yogurt	1 Each	14.0
Milk	1% White Milk	Carton	12.0
Milk	Chocolate Skim Milk	Carton	20.0
Muffin	Apple Cinnamon Muffin	Muffin	28.0
Muffin	Banana Muffin	Muffin	27.0

CPS FALL 2020 CARBOHYDRATE REPORT

Category	Menu Item	Portion	Carbohydrates (g)
Muffin	Blueberry Muffin	Muffin	28.0
Muffin	Blueberry Muffin Top	Each	26.2
Pancakes	Maple Pancakes	Pouch	38.0
Pancakes	Strawberry Pancakes	Pouch	40.0
Pizza	Beef Fiestada Pizza	1 Each	39.0
Pizza	Cheese Pizza (4", Round)	Each	29.0
Pizza	Cheese Pizza Slice	1/8 Cut	35.0
Pizza	Cheese Pizza Wedge	Pizza	37.0
Pizza	Turkey-Pepperoni Pizza (4" Round)	1 Each	31.0
Pizza	Turkey-Sausage Pizza Wedge	1 Each	35.0
Snack	Orange & Lime Swirl Cup	1 Each	19.0
Vegetable	Black Beans	1/4 Cup	16.4
Vegetable	Celery Sticks	1/4 Cup	1.0
Vegetable	Crinkle Cut Fries	1/2 Cup	15.5
Vegetable	Diced Carrots	1/2 Cup	7.6
Vegetable	Fresh Baby Carrots	1/4 Cup	2.9
Vegetable	Fresh Broccoli	1/4 Cup	1.1
Vegetable	Green Beans	1/2 Cup	4.5
Vegetable	Mashed Potatoes	1/2 Cup	15.4
Vegetable	Potato Emoticons	1/2 Cup	17.8
Vegetable	Refried Beans	1/4 Cup	19.7
Vegetable	Sweet Corn	1/2 Cup	15.8
Vegetable	Tater Tots	1/2 Cup	14.1
Waffle	Blueberry Mini Waffles	Pouch	37.0
Waffle	Maple Mini Waffles	Pouch	38.0