

SCHOOL MENU updated August 2015
CARBOHYDRATE CONTENT

Amy Ambrosetti, RD, LDN
 Email: ambrosetti_a@hcde. Phone: 423-209-5679

	Serving	CARBOHYDRATES(GRAMS)			
BEVERAGES					
Milk, Skim, Plain	1/2 pt	13			
Milk, 1%, Plain	1/2 pt	13			
Milk, Chocolate	1/2 pt	20			
Milk, Vanilla	1/2 pt	19			
Juice, Apple	4 oz	14			
Juice, Fruit Punch	4 oz	14			
Juice, Grape	4 oz	18			
Juice, Orange	4 oz	12			
BREAKFAST ITEMS					
Bagel, Mini, Cinnamon	1	41			
Bagel, Mini, Strawberry	1	41			
Biscuit w/ Chicken	1	30			
Biscuit w/ Gravy	1	29			
Biscuit w/ Sausage	1	25			
Biscuit, Plain	1	24			
Breadstick, Apple-Filled	1	44			
Breakfast Bar, Apple	1	49			
Breakfast Bar, Chocolate	1	48			
Breakfast Pizza, Gravy Based	1	25			
Breakfast Pizza, Red Sauce	1	27			
Chicken Patty, Breakfast	1	6			
Egg, Scrambled	1/4 cup	3			
French Toast Sticks, Cinnamon	3	26			
French Toast Sticks, Cinnamon	1	9			
Graham Crackers, Choc Bear	1 pk	20			
Graham Crackers, Elves, Honey	1 pk	21			
Graham Crackers, Squares, Cinnamon or Honey	1 pk	20			
Muffin, Banana	1	28			
Muffin, Blueberry	1	32			
Muffin, Chocolate	1	28			
Oatmeal	2/3 cup	28			
Omelet	1	2			
Pancake on a Stick	1	23			
Pancakes, Blueberry	2	35			
Pancakes, Cinnamon Glazed	2	35			
Pancakes, Minis, Maple	1 pk	40			
Peanut Butter & Jelly Sandwich (small)	1	35			
Peanut Butter, in cup	1	8			
Poptart, Cinnamon	each (1 ct)	37			
Poptart, Strawberry	each (1 ct)	37			
Sausage Patty	1	1			
Sausage Pups	3	19			
Sausage Pups	1	6			
Scooby Doo Bones	1 pk	21			
Scooby Doo Bones with PB	1	29			
Syrup cup 1.5 oz, Lite	1	2			
Toast	1	14			
Waffle, Belgian Dipper	2	27			
Waffle, Blueberry Minis	1 pk	38			
Yogurt, Blueberry, Cherry/Vanilla, Peach or Strawberry	4 oz	19			
Yogurt, Trix	4 oz	20			
CEREALS					
Apple Jacks	bowl pkg	24			
Cheerios, Honey Nut	bowl pkg	22			
Chex, Honey Nut	bowl pkg	27			
Cinnamon Toast Crunch	bowl pkg	22			
Cocoa Puffs	bowl pkg	25			
Froot Loops	bowl pkg	24			
Frosted Flakes	bowl pkg	24			
Lucky Charms	bowl pkg	23			
Mini Wheats	bowl pkg	24			

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Raisin Bran	bowl pkg	27			
Trix	bowl pkg	18			

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	Size	CARBOHYDRATES(GRAMS)		
FRUIT				
Apple, Fresh	1 small	21		
Apples, Sliced, Canned, Raw	1/2 cup	17		
Applesauce	1/2 cup	12		
Applesauce, Cinnamon	1/2 cup	12		
Applesauce, Rosy (swtnd w/ SF Jell-O)	1/2 cup	12		
Banana	1 small	27		
Cantaloupe	1/2 cup	7		
Grapefruit	1/2 fruit	13		
Grapes	1/2 cup	14		
Honeydew	1/2 cup	8		
Kiwi	1 fruit	13		
Mandarin Oranges, Canned	1/2 cup	19		
Mixed Fruit, Canned in Juice	1/2 cup	17		
Nectarine	1 med	15		
Orange, Fresh	1 med	18		
Peach, fresh	1 small	14		
Peaches, Canned in juice	1/2 cup	12		
Pear, Fresh	1 small	27		
Pears, Canned in juice	1/2 cup	15		
Pineapple, Canned in juice	1/2 cup	15		
Pineapple, Fresh	1/2 cup	11		
Raisins	1 pk	31		
Strawberries, Un-sweetened (whole)	1/2 cup	18		
Watermelon	1/2 cup	6		
DESSERTS				
Cookie, Choc Chip, Dbl Choc or Sugar	1	18		
Gelatin, Sugar Free	1/2 cup	0		
LUNCH ITEMS				
BBQ Pulled Pork, no bun, no sauce	1 serv	0		
BBQ Pulled Pork, w/ bun, no sauce	1 sand	31		
BBQ Rib w/ Hoagie Bun (9-12)	1	50		
BBQ Rib w/ Hot Dog Bun (K-8)	1	43		
BBQ Rib, no bun	1	12		
Beef Teriyaki, no rice	4	17		
Beef Teriyaki, w/ rice	1 serv	59		
Breadstick, Cheese-Stuffed	2	34		
Breadstick, Plain or Garlic (9-12)	1	27		
Breadstick, Plain or Garlic (K-8)	1	15		
Bun, Hamburger	1	31		
Bun, Hoagie	1	39		
Bun, Hot Dog	1	31		
Cheese Quesadilla	1	42		
Cheese Ravioli, Large	3	36		
Cheese Ravioli, Minis	7	21		
Cheese Sandwich, 3-Cheese (9-12)	1	32		
Cheese Sandwich, Toasted or Plain (K-8)	1	34		
Cheese, American	1 slice	2		
Cheeseburger	1	33		
Chef Salad, 6-12, Breaded Chick, no crackers or croutons	1	19		
Chef Salad, 6-12, Cheese, no crackers or croutons	1	13		
Chef Salad, 6-12, Fajita Chicken, no crackers or croutons	1	27		
Chef Salad, 6-12, Grilled Chicken, no crackers or croutons	1	8		
Chef Salad, 6-12, Ham, no crackers or croutons	1	13		
Chef Salad, 6-12, Turkey, no crackers or croutons	1	10		
Chef Salad, K-5, Breaded Chicken, no crackers or croutons	1	19		
Chef Salad, K-5, Cheese, no crackers or croutons	1	12		
Chef Salad, K-5, Fajita Chicken, no crackers or croutons	1	26		
Chef Salad, K-5, Grilled Chicken, no crackers or croutons	1	7		
Chef Salad, K-5, Ham, no crackers or croutons	1	13		
Chef Salad, K-5, Turkey, no crackers or croutons	1	9		

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LUNCH ITEMS	Serving		CARBOHYDRATES(GRAMS)		
	Size				
Chicken, Asian Orange	12 pcs		37		
Chicken, Asian Szechwan	12 pcs		28		
Chicken, Chili Crispito	2		46		
Chicken, Drumstick, Breaded	1		5		
Chicken, Fajita	1		30		
Chicken, Nuggets	1		3		
Chicken, Nuggets	5		16		
Chicken, Parmesan w/ Noodles	1		41		
Chicken, Patty, Grilled	1		1		
Chicken, Patty, Spicy, Plain	1		14		
Chicken, Patty, Traditional, Plain	1		13		
Chicken, Popcorn	1 serv		15		
Chicken, Taco	1		18		
Chicken, Wings	3 pcs		1		
Chili for hot dogs, beef	1/4 cup		6		
Chili for hot dogs, vegetarian	1/4 cup		9		
Corn Dog	1		33		
Corn Dog Minis (1)	1		5.5		
Corn Dog Minis (6)	6		33		
Cornbread	2" x 2"		17		
Country Style Steak, no gravy	1 pc		11		
Country Style Steak, w/ gravy	1 pc		16		
Crackers, Saltine	1 pkg		8		
Crackers, Mini Saltines	1 pkg		7		
Croutons	1 pkg		9		
Dorito Loco Taco Plate	1 srvg		25		
Egg, Hard Cooked	1		1		
Fish Nuggets (Sea Shapes)	4		29		
Fish Patty, no bun	1		16		
Fish Sandwich on Bun	1		47		
Fish Sticks	4		20		
Goldfish Crackers	1		14		
Gorditas, Turkey and Cheese	1		37		
Granola	1 pkg		13		
Ham, Glazed	1 serv		7		
Hamburger, no bun	1		0		
Hamburger, with bun	1		31		
Hot Dog, no bun	1		0		
Hot Dog, w/ Bun	1		31		
Hummus	1/4 cup		10		
Hummus Combo w/ Pretzels	1		46		
Hummus Combo w/ Tortilla Chips	1		49		
Macaroni & Cheese	1 serv		28		
Marinaria Sauce	1oz		7		
Meatball Sub	each		53		
Pasta Salad	1/4 cup		10		
Peanut Butter Combo w/ string cheese & crackers (K-8, Mon-Thur)	1 combo		43		
Peanut Butter Uncrustable (small sandwich)	1		35		
Peanut Butter Uncrustable NOTE: K-8 Fri Only, 9-12 M-F	twin pack		69		
Pizza Bites, Cheese	4		28		
Pizza Bites, Pepperoni	4		29		
Pizza Munchable	1		35		
Pizza, Rectangle, Cheese	1		37		
Pizza, Rectangle, Pepperoni	1		38		
Pizza, Stuffed Crust, Cheese (High School)	1		35		
Pizza, Stuffed Crust, Pepperoni (High School)	1		35		
Pot-Roast w/Gravy	1 serv		4		
Rice, Asian Brown	1 cup		42		
Rice, Brown, Plain	1/2 cup		22		
Rice, Spanish (9-12)	1/2 cup		24		

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Rice, Spanish (K-8)	1/4 cup	12			
Roll	1	24			
Sandwich, Chicken, Grilled	1	32			
Sandwich, Chicken, Minis	2	41			
	Serving				
LUNCH ITEMS	Size	CARBOHYDRATES(GRAMS)			
Sandwich, Chicken, Fillet, Spicy (High School)	1	46			
Sandwich, Chicken, Fillet, Traditional (High School)	1	45			
Sandwich, Chicken, Round Patty, Spicy	1	45			
Sandwich, Chicken, Round Patty, Traditional	1	44			
Sandwich, Ham on Goldfish Bread	1	25			
Sandwich, Turkey on Goldfish Bread	1	23			
Sandwich, Stuffed, Philly Steak	1	33			
Santa Fe Mac & Cheese	3/4 cup	21			
Sloppy Joe Meat	1/3 cup	8			
Sloppy Joe Meat w/Bun	1	39			
Soup, Broccoli Cheese	1/2 cup	7			
Soup, Chicken Noodle	1/2 cup	5			
Soup, Cream of Potato	1/2 cup	12			
Soup, Vegetable	1/2 cup	4			
Soup, Vegetable Beef	1/2 cup	5			
Spaghetti w/ Meat Sauce	1 c	25			
String Cheese	1	1			
Sub, Ham & Cheese	1	42			
Sub, Turkey & Cheese	1	40			
Taco Meat	1/4 cup	2			
Taco Salad w/ Chips & Lettuce Mix	1	23			
Taco, Soft, Beef	1	17			
Tuna Salad Sandwich	1	30			
Tuna Salad, Plain	3 oz	2			
Turkey Tetrazzini	3/4 cup	20			
Turkey, Roasted	3oz	1			
Wrap, Ham & Cheese	1	31			
Wrap, Turkey & Cheese	1	29			
Yogurt Combo w/ string cheese, mini saltines, goldfish & granola (K-8 Fri & 9-12 M-F)	1 combo	54			
Yogurt Combo w/ string cheese, goldfish & granola (K-8, M-Th)	1 combo	47			
	Serving				
SALAD BAR ITEMS	Size	CARBOHYDRATES(GRAMS)			
Beans, Black	2 TBSP	5			
Beans, Garbanzo (Chickpeas)	2 TBSP	5			
Beans, Red	2 TBSP	5			
Broccoli	2 Florets	1			
Carrots	2 TBSP	3			
Cheese	1 portion	1			
Chicken, Breaded, Spicy	1 portion	7			
Chicken, Breaded, Traditional	1 portion	7			
Chicken, Grilled	1 portion	0.5			
Corn	2 TBSP	4			
Crackers, Mini Saltines	1 pack	7			
Croutons	1 pack	9			
Cucumber	2 TBSP	0.5			
Dressing, Italian	2 TBSP	2			
Dressing, Ranch, Lite	2 TBSP	1			
Dressing, Thousand Island	2 TBSP	5			
Egg, Boiled	1/2 egg	0.5			
Green Pepper	2 TBSP	1			
Ham, Diced	1 portion	2			
Hummus	2 TBSP	5			
Lettuce Mix	2 cups	4			
Olives, Black	2 TBSP	0			
Onion, Red	2 TBSP	1.5			

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Pasta Salad	1/4 cup	5		
Peas, Green	2 TBSP	3		
Tomatoes	1/4 cup	1		
Tuna Salad	1 portion	1.5		
Turkey, Deli	1 portion	1		
	Serving			
VEGETABLES	Size	CARBOHYDRATES(GRAMS)		
Beans, Baked	2/3 cup	41		
Beans, Black	1/2 cup	25		
Beans, Green	1/2 cup	3		
Beans, Pinto	1/2 cup	28		
Beans, Refried	1/2 cup	20		
Beans, White	1/2 cup	41		
Broccoli, Raw	1/2 cup	3		
Broccoli, Steamed	1/2 cup	2		
California Vegetables	1/2 cup	4		
Carrots, Raw	1/2 cup	6		
Carrots, Glazed	1/2 cup	12		
Carrots, Steamed	1/2 cup	8		
Celery, Raw	1/2 cup	1		
Cole Slaw, Creamy	1/2 cup	3		
Corn, Whole Kernel	1/2 cup	16		
Fries, Buffalo Flavored	1/2 cup	18		
Fries, Crinkle Cut	1/2 cup	14		
Fries, Curly	1/2 cup	14		
Fries, Rounds/Bucks	1/2 cup	16		
Fries, Shoestring	1/2 cup	17		
Fries, Wedges	1/2 cup	20		
Greens, Turnip	1/2 cup	4		
Potatoes, Creamed (Mashed)	1/2 cup	14		
Peas & Carrots, Steamed	1/2 cup	9		
Peas, Green	1/2 cup	15		
Salad, Side, no dressing	1 salad	3		
Stewed Vegetables (Potatoes & Carrots)	1/2 cup	10		
Sweet Potato Casserole	1/2 cup	54		
Sweet Potato Fries	1/2 cup	13		
Sweet Potatoes, Glazed	1/2 cup	32		
CONDIMENTS				
BBQ Sauce	1 pkt	4		
Caramel Sauce	1 pkt	16		
Cheese, Sliced or Shredded	1 oz	2		
Gravy, Brown	1/4 cup	5		
Gravy, Chicken/Turkey	1/4 cup	6		
Honey	1 pkt	7		
Honey Mustard	1 oz cup	8		
Hot Sauce, Packet	1 pkt	0		
Hot Sauce, Squeeze Container	1 tsp	0		
Italian Dressing, Cup	1 oz cup	2		
Italian Dressing, Packet	1 pkt	5		
Jalapeno Peppers	3 Tbsp	1		
Jelly, Grape	1 pkt	9		
Ketchup	1 pkt	3		
Lemon Juice	1 pkt	0		
Margarine	1 pkt	0		
Marinara Sauce	1 oz cup	7		
Mayonnaise	1pkt	1		
Mustard	1pkt	0		
Pickle Relish	1 pkt	3		
Pickles, Slices	1	0		
Pickles, Spears	1	1		
Ranch Dressing, 1 oz cup	1 oz cup	1		
Raspberry Vinegarette	1 pkt	12		
Salsa	2 Tbsp	2		
Sour Cream	1 pkt	2		

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Sweet & Sour Sauce	1 pkt		8			
Taco Sauce	1 pkt		0			
Tartar Sauce	1 pkt		3			
Thousand Island Dressing, Cup	1 oz cup		4			
Trimings, Burger/Sandwich or Fajita/Taco	1/4c		2			