

Poway Unified School District Food and Nutrition Department
 Carbohydrate Counts: **Elementary Lunch (K-5)**

Rev 12/21/2017

Menu Item	Portion Size	Total Carbohydrate (grams)	Dietary Fiber (grams)
ENTRÉES			
Beef, Teriyaki	2.8 oz.	6	1
Served with Brown Rice	1/2 cup	20	1
Breadsticks, Cheese-Filled	2 each	34	4
Served with Marinara Sauce	1/3 cup	8	1
Burrito, Bean & Cheese	1 each	41	8
Cheeseburger	1 each	30	4
Chicken, Orange	4 oz.	22	0
Served with Brown Rice	1/2 cup	20	1
Chicken, Teriyaki	3.7 oz.	13	0
Served with Brown Rice	1/2 cup	20	1
Chicken Drumstick, Homestyle Breaded	1 each	5	1
Chicken Nuggets	5 each	16	2.5
Corn Dog, Chicken	1 each	30	5
Corn Dogs, Mini, Chicken	6 each	30	5
Fish Sticks, Breaded	4 each	19	2
Served with Whole Grain Mini Pretzels	1 pkg.	15	2
French Toast	1 slice	28	2
Served with Chicken Breakfast Sausage	1 patty	1	0
Hamburger	1 each	29	4
Haystack <i>(Turkey, Beans, & Cheese on Corn Chips)</i>	1 portion	29	6
Hot Dog, Turkey	1 each	31	3
Served with Whole Grain Mini Pretzels	1 pkg.	15	2
Macaroni and Cheese	2/3 cup	31	2
Nachos, Cheesy Bean <i>(Beans, Cheese, & Salsa on Corn Chips)</i>	1 portion	33	8
Pasta with Meat Sauce	2/3 cup	27	5
Served with Garlic Toast	1 slice	15	2
Pizza, Cheese, Stuffed Crust	1 slice	32	3
Pizza, Pepperoni, Stuffed Crust	1 slice	34	3
Salad, Entrée, with Cheese and Croutons <i>(Dressings listed separately below)</i>	1 salad	22	3
Salad, Entrée, with Egg and Croutons <i>(Dressings listed separately below)</i>	1 salad	23	3
Salad, Entrée, with Sunflower Kernels & Croutons <i>(Dressings listed separately below)</i>	1 salad	28	6
Salisbury Steak and Gravy	1 portion	8	0.5
Served over Whole Wheat Noodles	1/2 cup	20	3
and Whole Grain Garlic Toast	1 slice	15	2
Sandwich, Chicken, Barbecue (Grilled)	1 each	43	3
Sandwich, Chicken, Breaded	1 each	43	6
Sandwich, Grilled Cheese	1 each	31	3
Taco, Crispy, Turkey & Cheese	1 taco	12	2

Based on current recipes and food labels at the time of this revision; ingredients subject to change without notice.

Poway Unified School District is an equal opportunity provider and employer.

Menu Item	Portion Size	Total Carbohydrate (grams)	Dietary Fiber (grams)
Tamale, Cheese	1 each	28	2
Served with Vegetarian Refried Beans	1/4 cup	14	5
Yogurt	4 oz.	15	0
Served with WG Cheez-It Crackers	1 pkg.	14	1
Yogurt	4 oz.	15	0
Served with Sunflower Kernels	1 pkg.	11	3
and Whole Wheat Crackers	1 pkg.	28	3

VEGETABLES*			
Beans, Garbanzo, Canned, Drained	1/2 cup	16	5
Beans, Green, Canned, Drained	1/2 cup	3	2
Broccoli Florets, Fresh	1/2 cup	3	1
Carrots, Baby-Cut, Fresh	1/2 cup	6	2
Cauliflower Florets, Fresh	1/2 cup	3	1
Celery Sticks, Fresh	1/2 cup	1	1
Corn Kernels, Canned, Drained	1/2 cup	15	2
Edamame (Shelled Soybeans)	1/2 cup	7	4
Peas, Green	1/2 cup	11	4
Salad Greens, Mixed (<i>Dressing listed separately</i>)	1 cup	2	1
Tomatoes, Grape or Cherry, Fresh	1/2 cup	3	1

FRUITS*			
Apple, Fresh, Small (163 ct)	1 each	14	2
Applesauce, Unsweetened, Canned	1/2 cup	14	1
Applesauce Cup, Unsweetened	1 each	14	1
Apple Slices, Fresh, 2 oz. Pouch	1 pouch	8	1
Banana, Fresh, Small (150 ct)	1 each	19	2
Cranberries, Dried	1 pkg.	28	3
Fruit, Mixed, Diced, Canned in Juice	1/2 cup	15	1
Grapes, Fresh, Red or Green	1/2 cup	14	1
Orange Juice "Slushy", Frozen 100% Fruit Juice	4 fl. oz.	14	0
Orange Wedges, Fresh (138 ct)	6 wedges	11	2
Peach Cup, Frozen, Diced, Sweetened	1 each	19	1
Peaches, Sliced, Canned in Juice or Light Syrup	1/2 cup	14	0
Pear, Fresh, Small, Whole (135 ct)	1 each	22	5
Pears, Sliced, Canned in Juice or Light Syrup	1/2 cup	15	2
Raisins	1 box	30	1
Strawberries, Whole, Fresh	1/2 cup	6	1
Strawberry Cup, Frozen, Diced, Sweetened	1 each	22	2
Tangerine, Fresh (such as "Cutie" or "Halo")	1 each	12	2

Menu Item	Portion Size	Total Carbohydrate (grams)	Dietary Fiber (grams)
BEVERAGES			
Milk, Low Fat (1%)	8 fl. oz.	16	0
Milk, Chocolate, Fat Free	8 fl. oz.	20	0
Juice, Apple, 100% Fruit Juice	4 fl. oz.	14	0
Juice, Appleberry, 100% Fruit Juice	4 fl. oz.	14	0
Juice, Orange, 100% Fruit Juice	4 fl. oz.	14	0

DESSERTS			
Cupcake, Birthday, Chocolate, Whole Grain	1 each	26	6
Cupcake, Birthday, Vanilla, Whole Grain	1 each	27	6
Grahams, Keebler Elf, Whole Grain	1 pkg.	21	1

CONDIMENTS			
Barbecue Sauce	1 pkt.	4	0
Ketchup	1 pkt.	3	0
Mustard, Yellow	1 pkt.	0	0
Pickle Relish, Sweet	1 tsp.	1	0
Pickle Slices, Dill	3 each	0	0
Salad Dressing, Italian	1 pkt.	1	0
Salad Dressing, Ranch	1 pkt.	1	0
Salsa	1/4 cup	4	0
Taco Sauce	1 pkt.	1	0
Tartar Sauce	1 Tbsp.	2	0

* Vegetables and fruits selected from self-serve salad bars may vary in portion size.

Visit PowayUSDNutrition.com for more information about PUSD school meals.

For more information on specific menu items, please contact:

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