

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

Rev 8/31/2021

Menu Item	Portion Size	Total Carbohydrate (grams)	Dietary Fiber (grams)
ENTRÉES			
Beef, Teriyaki Served with Brown Rice	2.8 oz. 1/2 cup	6 20	1 1
Breadsticks, Cheese-Filled Served with Marinara Sauce	2 each 1/3 cup	34 8	4 1
Burrito, Bean & Cheese	1 each	41	8
Cheeseburger	1 each	31	4
Chicken 'n Waffles Chicken Drumstick, Homestyle Breaded Whole Grain Waffle Syrup (<i>Madeira Farms brand</i>)	1 each 1 each 1.5 oz.	5 11 30	1 0 0
Chicken, BBQ Grilled Served with Cornbread Loaf	1 each 1 each	12 38	0 3
Chicken, Orange Served with Brown Rice	4 oz. 1/2 cup	22 20	0 1
Chicken, Teriyaki Served with Brown Rice	3.7 oz. 1/2 cup	13 20	0 1
Chicken Drumstick, Homestyle Breaded	1 each	5	1
Chicken Nuggets Served with Garlic Toast	5 each 1 slice	16 15	3 2
Corn Dog, Chicken (<i>Foster Farms brand</i>)	1 each	30	5
Corn Dog, Chicken (<i>Don Lee brand</i>)	1 each	28	2
Corn Dogs, Mini, Chicken	6 each	30	5
Fish Patty, Breaded	1 each	16	1
French Toast Served with Chicken Breakfast Sausage	1 slice 1 patty	28 1	2 0
Hamburger	1 each	29	4
Haystack (<i>Turkey, Beans, & Cheese on Corn Chips</i>)	1 portion	29	6
Homestyle Chicken Bowl Popcorn Chicken Mashed Potatoes Corn Kernels Whole Grain Dinner Roll	2/3 cup 1/2 cup 1/4 cup 1 each	11 17 18 17	1 1.5 2.5 1
Hot Dog, Beef	1 each	30	3
Macaroni and Cheese Served with Garlic Toast	2/3 cup 1 slice	31 15	2 2
Nachos, Cheesy Bean (<i>Beans, Cheese, & Salsa on Corn Chips</i>)	1 portion	33	8
Pasta with Meat Sauce Served with Garlic Toast	2/3 cup 1 slice	27 15	5 2
Pizza Slice, Cheese	1 slice	29	3
Pizza Slice, Pepperoni	1 slice	29	3
Salad, Entrée, with Cheese and Croutons (<i>Dressings listed separately below</i>)	1 salad	22	4
Salad, Entrée, with Egg and Croutons (<i>Dressings listed separately below</i>)	1 salad	22	4
Salad, Entrée, with Sunflower Kernels & Croutons (<i>Dressings listed separately below</i>)	1 salad	28	7

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Salisbury Steak and Gravy	1 portion	7	1
Served over Whole Wheat Noodles	1/2 cup	20	3
and Whole Grain Garlic Toast	1 slice	15	2
Sandwich, BBQ Pork Rib	1 each	41	4
Sandwich, Chicken, Breaded	1 each	43	6
Sandwich, Grilled Cheese	1 each	31	3
Sandwich, Turkey & Cheese, Deli	1 each	29	2
Yogurt	4 oz.	20	0
Served with WG Cheez-It Crackers	1 pkg.	14	1
Yogurt	4 oz.	20	0
Served with Sunflower Kernels	1 pkg.	6	3
and Whole Wheat Crackers	1 pkg.	30	3

Menu Item	Portion Size	Total Carbohydrate (grams)	Dietary Fiber (grams)
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
Cucumber Slices	1/2 cup	3	0.5
Edamame (Shelled Soybeans)	1/2 cup	7	4
Jicama Sticks	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
Apricot Cup, Frozen, Diced, Sweetened	1 each	24	2
Banana, Fresh, Small (150 ct)	1 each	19	2
Cantaloupe, Fresh, Diced	1/2 cup	6	1
Cranberries, Dried	1 pkg.	28	3
Dried Fruit Mix (Mountain Quest or Wild River)	1 pkg.	30	2
Fruit, Mixed, Diced, Canned in Juice	1/2 cup	15	1
Grapes, Fresh, Red or Green	1/2 cup	14	1
Juice Box, 100% (Apple, Tangerine, Berry, Fruit Punch)	6.75 oz.	22	0
Mixed Berry Cup, Frozen, Sweetened	1 each	22	2
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			
Cookie, Celebration, IW	1 each	24	2
Cookie, Chocolate Chip, IW	1 each	24	2
Grahams, Keebler Elf, Whole Grain	1 pkg.	21	1

CONDIMENTS			
Barbecue Sauce	1 pkt.	4	0
Ketchup	1 pkt.	3	0
Mayonnaise, Light	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	2
Taco Sauce	1 pkt.	1	0
Tartar Sauce	1 pkt.	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:

Food & Nutrition Department
 (858) 668-2570

or visit our on-line, interactive menus at link below:

<http://powayusdnutrition.com/index.php?sid=0502141943502717&page=menus>

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Carbohydrate Counts: Elementary Breakfast (K-5)

Menu Item	Portion Size	Total Carbohydrate (grams)	Dietary Fiber (grams)
ENTRÉES			
Cereal, Fruit Cheerios	1 each	25	2
Cereal, Honey Nut Cheerios	1 each	22	2
Cereal, Multigrain Cheerios	1 each	23	3
Cereal, Frosted Mini Wheats	1 each	24	3
Cereal, Cinnamon Toast Crunch	1 each	30	3
Cereal, Cinnamon Flakes	1 each	24	3
Elf Grahams	1 pkg.	21	1
Honey Grahams	1 pkg.	20	2
Buttermilk Bar	1 each	24	1.5
String Cheese	1 each	2	0
Whole Wheat Bagel with Cream Cheese	1 each	35	3
Yogurt	4 ounces	20	0
Blueberry Muffin Top (Dave's Bakery brand)	1 each	39	3
Banana Bread	1 each	44	2
Crumb Square	1 each	29	2
Cinnamon Roll (BakeCrafter brand)	1 each	54	4
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
Dried Fruit Blend (Mountain Quest or Wild River)	1 pkg.	30	2
Grapes, Fresh, Red or Green	1/2 cup	14	1
Juice Box, 100% (Apple, Tangerine, Berry, Fruit Punch)	6.75 oz.	22	0
Orange Juice "Slushy", Frozen 100% Fruit Juice	4 fl. oz.	14	0
Orange Wedges, Fresh (138 ct)	6 wedges	11	2
Tangerine, Fresh (such as "Cutie" or "Halo")	1 each	12	2
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

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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.