

Carbohydrate Values for Menu Components
Evanston Skokie School District 65
August, 2021

*The items listed below are approximate values.
Please consult your Dietitian and/or Certified Diabetes Educator.*

Middle School/Elementary Breakfast

	MENU ITEM	PORTION	CARBS (GMS)	ALLERGENS
Middle School Breakfast				
Monday	WG Cinni Mini	1 ea	40	milk, wheat , soy
Tuesday	Breakfast Pizza	1 ea/2.95oz.	27	milk, wheat, soy
Wednesday	Cinnamon Sugar Ring	1 ea	34	
	breakfast ring	1 ea	30	milk, wheat, soy
	cinnamon/sugar/nutmeg blend	1 tsp	4	
Thursday	Fruit Strudel	1 ea	36	wheat, milk, soy
Friday	Breakfast Sandwich- product subject to change	1 ea	31	
	WG bagel	1 ea (4 oz)	29	wheat
	Jones Chicken Sausage	1 ea	0	
	Cheddar Cheese	1 ea	0.5	milk
	Egg Patty	1 ea	1	egg
Daily	WG Breakfast Muffin	1 ea	28	wheat, egg, milk, soy
Daily	Cereal Bowl			
	Cinnamon Toast Crunch (2 oz)	1 ea	44	wheat and soy
	Cocoa Puffs	1 ea	25	n/a
	Honey Nut Cheerios	1 ea	45	Tree Nuts
Also Offered Daily	Hard-Boiled Egg, Cheese Stick or Yogurt as well as 1% or fat-free white milk and whole fresh fruit or 100% juice.	1 ea	Total: varies	
	hard boiled egg	1/45g	0	egg
	cheese stick (mozz) co-jack cheddar	1 ea	1	milk
	yogurt	1 ea (4 oz)	14	milk
Also Offered Daily	1% or fat-free white milk and whole fresh fruit or 100% juice. (see milk and sides below)			
Elementary Breakfast				
Monday & Wednesday	Cereal Bowl Variety			
	Rice Krispies	1 ea	23	n/a
	Frosted Mini Wheats	1 ea	24	wheat
	Raisin Bran	1 ea	28	wheat
	Cinnamon Flakes	1 ea	24	wheat
	Apple jacks (Reduced Sugar)	1 ea	24	wheat, corn, soy
	Frosted Flakes (Reduced Sugar)	1 ea	24	wheat
	Fruit Loops (Reduced Sugar)	1 ea	24	wheat, corn, soy
	Cinnamon Toast Crunch (2 oz)	1 ea	44	wheat and soy
Tuesday	ZeeZees Cereal Bar	1 ea	24g	wheat, soy
	cheese stick (mozz) co-jack cheddar	1 ea	1	milk
Thursday	WG Cinni Mini OR	1 ea	40	milk, wheat , soy
	Fruit Strudel	1 ea	36	wheat, milk, soy
	Yogurt Tube	1 ea	10	milk
Friday	WG Breakfast Muffin	1 ea	28	wheat, egg, milk, soy
	1% or fat-free white milk and whole fresh fruit or 100% juice. (see milk and sides below)			

Park School Lunch (items not part of EL or MS Lunch Menu)				
Monday - Week B	Mac 'n Cheese with Dinner Roll			
	Mac 'n Cheese	6 oz	31	eggs, milk, wheat
	Dinner Roll	1 ea	15	wheat and soy
Tuesday - Week B	Brunch for Lunch!			
	Pancakes	2 ea	20g	eggs, milk, wheat, soy
	Chicken Sausage	1 ea	0	
	Side Orders			
	applesauce cup	1 ea	Total: 22	
	apple slices	1/2 cup	Total: 8	
	baked beans	1/2 cup	Total: 30	
	banana	1 medium	Total: 27	
	black beans (fiesta)	1/2 cup	Total: 22	
	black beans -- 581180	1/2 cup	Total: 20	
	canned peaches	1/2 cup	Total: 12	
	canned pears	1/2 cup	total: 17	
	canned pineapple	1/2 cup	Total: 20	
	chick peas	1/2 cup	Total: 12	
	craisins	1 ea	Total: 28	
	dried fruit	1 ea	Total: 30	
	fresh carrots	1/2 cup	Total: 6	
	fresh celery	1/2 cup	Total: 8	
	fresh cucumber	1/2 cup	Total: 3	
	fresh grapes	1/2 cup	Total: 8	
	fresh pepper strips	1/2 cup	Total: 3.5	
	fresh romaine	1 cup	Total: 0	
	fresh steamed broccoli	1/2 cup	Total: 3	
	fruit cocktail	1/2 cup	Total: 14	
	hummus	2 oz	Total: 9	Sesame
	juice box (variety)	4 oz	Total: 12-15	
	mandarin oranges	1/2 cup	Total: 20	
	mashed potatoes	1/2 cup	Total: 14	milk
	orange wedges	1/2 cup	Total: 11	
	potato triangles	1/2 cup	Total: 28	soy
	peppers & onions	1/2 cup	Total: 14	
	plantains	1/2 cup	Total: 34	soy
	raisins	1 ea	Total: 31	
	salsa cups	1 ea	Total: 2	
	sandwich salad (side salad)	1/2 cup	Total: 4	
	seasoned wedges	1/2 cup	Total: 19	wheat and soy
	sidekick	4.4 oz	Total: 23	
	steamed carrots	1/2 cup	Total: 7	
	steamed corn	1/2 cup	Total: 17	
	steamed green beans	1/2 cup	Total: 8	
	steamed green peas	1/2 cup	Total: 12-15	
	steamed mixed veggies	1/2 cup	Total: 9	
	sunflower seeds	1 ea	Total: 10	
	sweet potato wedges	1/2 cup	Total: 31	soy
	waffle fry	1/2 cup	Total: 25	wheat, soy
	Milk			
	milk, low fat	8 oz	Total: 11	
	skim, white	8 oz	Total: 11	

Condiments				
	bbq sauce	1 ea	Total: 5	
	dressing - french	1 ea	Total: 3	soy
	dressing - italian	1 ea	Total: 2	soy
	dressing - ranch	1 ea	Total: 2	soy, egg, milk
	caesar dressing	1 ea	Total: 4.5 (1 ounce)	egg, fish, milk, soy
	croutons	1 ea	Total: 9	milk, wheat
	ketchup	1 ea	Total: 2	
	mayonnaise	1 ea	Total: 2	soy, egg
	mustard	1 ea	Total: 0	
	relish	1 ea	Total: 2	
	Kosher dill pickles	1 ea	Total: 0	
	syrup	1 ea	Total: 31	
	wow butter	1 ea	Total: 8	soy
	fortune cookie	1 ea	Total: 16	wheat and soy