

**Carbohydrate Values for Menu Components
Evanston Skokie School District 65
August, 2022**

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

MS/EL Breakfast & MS Lunch

	MENU ITEM	PORTION	CARBS (GMS)	ALLERGENS
Middle School Breakfast				
Monday	WG Bagel	1 ea	28	wheat, soy
	cream cheese	1 ea	1	milk
Tuesday	English Muffin	1 ea	24	wheat, soy
	peanut butter	1 ea	5	peanuts, soy
	soy butter	1 ea	8	soy
Wednesday	Cinnamon Sugar Doughnut			
	Breakfast doughnut	1 ea	30	milk, wheat, soy
	cinnamon/sugar/nutmeg blend	1 tsp	4	
Thursday	WG Breakfast Muffin	1 ea	28	wheat, egg, milk, soy
Friday	Breakfast Sandwich- product subject to change			
	Croissant	1 ea	26	wheat, milk soy
	Chicken Sausage	1 ea	0	
	Egg Patty	1 ea	1	egg, soy, milk
	Sliced Cheese	1 slice	2	milk
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.			
	hard boiled egg	1 ea	0	egg
	cheese stick (mozz) co-jack cheddar	1 ea	1	milk
	yogurt	1 ea (4 oz)	19	milk
Also Offered Daily	1% or fat-free white milk and whole fresh fruit or 100% juice. (see milk and sides below)			
	Cold Cereal Cup (variety)	1 ea	44	wheat, soy
	ZeeZee cereal bar	1 ea	24	wheat, soy
	Appleway cereal bar	1 ea	23	wheat, soy, egg, milk
Elementary and Magnet School Breakfast				
Monday	WG Bagel	1 ea	28	wheat, soy
	cream cheese	1 ea	1	milk
Tuesday	WG Crackers	1 ea	15	wheat, soy
	cheese stick (mozz) co-jack cheddar	1 ea	1	milk
Wednesday	Cereal Bowl Variety			
	Cinnamon Toast Crunch (2 oz)	1 ea	44	wheat and soy
Thursday	Yogurt Cup	1 ea (4 oz)	14	milk
	granola	1 ea	20	wheat, soy
Friday	Fruit/Yogurt Smoothie	1 ea	36	milk
	Cheese crackers	1 ea	17	wheat, soy, milk
Also Offered Daily:	1% or fat-free white milk and whole fresh fruit or 100% juice. (see milk and sides below)			
Middle School Lunch				
Monday	Big Daddy's Cheese Pizza	1 slice	Total: 43	milk, wheat, soy
	Grilled Cheese	1 ea	27	milk, wheat, soy
	Tomato Soup	6 oz	15	milk, wheat
			Total: 42	
Tuesday	Walking Taco			
	Frito chips	1 ea	28	milk
	Taco Meat	3.3 oz	4	soy
	Shredded Cheddar	1 oz	1	milk
			Total: 33	
	Asian Chicken w/Fried Brown Rice			
	Chicken	4 oz	25	wheat, soy, egg
	Fried Brown Rice	1 cup	40	
			Total: 65	
Wednesday	Hamburger			
	Beef Patty	1 ea	2	soy
	Sliced Cheese	1 slice	2	milk
	Hamburger Bun	1 ea	27	wheat soy
	Mediterranean Rice Bowl			
	Rice	1 cup	36	

	MENU ITEM	PORTION	CARBS (GMS)	ALLERGENS
	Noon Bites	3 ea	14	wheat, milk
	Chicken Shawarma	3 oz	2	
	Hummus	2 oz	12	soy, sesame
	Tzatziki	2 T.	2	milk, soy
			Total: 64	
Thursday	Pasta Bake	8 oz	Total: 47	
	Chicken Tator Bowl			
	Popcorn Chicken	10 pc	17	milk, soy, wheat
	Gravy	1oz	2	soy, wheat, milk
	Mashed Potatoes	1/2 c	14	milk
	Corn	1/2 c	17	
			Total:50	
Friday	Brunch for Lunch			
	Chicken Tenders	2 ea	12	wheat, soy
	Waffles OR	2 ea	28	egg, milk, wheat, soy
	Chicken Sausage	4 ea	0	
	French Toast Sticks	1 ea or 3 stix	25 g	egg, soy, wheat
			Total:40 or 25	
	Black Bean Wrap			
	Tortilla	1 ea	30	wheat
	Black Bean Burger	1 ea	18	Egg, milk, wheat, soy
	Guacamole	1/4 cu	4	
	Romaine	1/2 cup	0.5	
	Tortilla Chips	1 ea	25	
			Total:52.5	
Grab-n-Go's Available Daily				
	Chopped Salad with Hard Boiled Egg and Pita			
	hard-boiled egg	1 ea	0	egg
	cheddar cheese, shredded	1oz	0.5	milk
	romaine salad	1 cup	0	
	cucumber, slices	1/4 cup	0	
	tomato, wedged	1/4 cup	2	
	pita bread	1/2 slice	19	wheat
	Protein Bento Box - 1			
	hard-boiled egg	1 (whole)	0	egg
	hummus	2 oz	9	
	sliced pepper sticks	1/4 cup	0	
	baby carrots	1/2 cup	0	
	pita bread	1/2 slice	19	wheat
	Fresh Deli Sandwich			
	Hinged Roll 5"	1 ea	26	wheat, soy
	Sliced Turkey/Turkey Ham	4 slices	0	
	Sliced Cheddar	1 slice	0.5	milk, soy
	Chopped Salad with Chicken and Hard Boiled Egg			
	hard boiled egg	1/45g	0	egg
	Chicken Fillet	1/2 patty	9	milk, wheat
	cheddar cheese, shredded	1oz	0.5	milk
	romaine salad	1 cup	0	
	cucumber, slices	1/4 cup	0	
	tomato, wedged	1/4 cup	0	
	dinner roll, wheat	1 ea	13	wheat, soy
	dressing, 1.5 oz variety	1 ea	1	
	PBJ uncrustable	5.3 oz	64	peanut, soy, wheat
Park School Lunch (items not part of EL or MS Lunch Menu)				
Monday - Week A	Mini Calzones			
	Calzones	3 ea	40	milk, soy, wheat
	Marinara Sauce	2.5 oz	10	soy
Tuesday - Week A	Beef Tacos			
	Tortillas, Flour	2 ea	30	wheat
	Beef Taco Meat	3.3 oz	4.5	soy
	shredded cheddar	1 oz	0.5	milk
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	

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	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	
	elotes	1/2 cup	Total: 18	egg, soy, milk
	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
	whole fruit			
	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
	tzatziki	2 T.	Total: 2	milk, soy
	fortune cookie	1 ea	Total: 16	wheat and soy