

Chimacum

Secondary Schools Menu Carbohydrate Count (in grams)

Entrees

Chicken Nuggets(5)	6.83	Brd Chicken Sandwich	36.00	Hamburger	36.20
Gr. Cheese Sand.	34.00	Chili Ch. Fritos	37.50	Teriyaki Beef	8.5
Teriyaki Chicken	7.76	Deli Sand.	44.19	Corndog	22.27
Ch. Pizza	43.79	Pep. Pizza	42.52	Hotdog	28.9
Rib Sandwich	46.9	Bk Potato w/cheese	31.40	Burrito	34.60
Pasta w/meat sauce	54.00	Cheese Nachos	29.05	Lunch Salad	28.00
Meatballs(5)	3.50	Pasta (1cup)	39.74	Hot Pocket	36.93

Sides

Items listed below are self serve carb counts are based on ½ cup serving size unless otherwise specified

Mashed Potato	9.12	Oven Fries	15.75	Tater Tots	23.6
Cornbread (1)	25.21	Garlic Bread (1)	20.14	Potato Wedges	12.8
Fried Rice	41.00	White Rice	36.00	Hot Roll (1)	20.80
Ch. Noodle Soup	12.19	Tomato Soup	25.0	Biscuit (1)	16.98
Soft Pretzel (1)	37.93	Marinara Sauce	5.83	Banana (1)	8.98
Chicken Gravy	6.0	Orange (1)	10.60	Yogurt (4oz)	.07
Str Fr Veg	6.67	Yogurt(4oz)	19.07	Lettuce	0.58
Gr Beans	6.5	Apple (1)	16.16	Broccoli	3.0
Salad Mix	4.0	Tomatoes	3.09	Strawberries	11.06
Pear (1)	12.0	Celery Sticks	2.74	Ranch Dr. (2 tbsp)	2.77
Corn	22.83	Cauliflower	2.66	Milk nf Choc(½ pt)	27.0
Carrots	8.16	Applesauce	13.75	Milk 1% wht (½pt)	12.18
Peaches(cnd)	16.90	Pineapple(cnd)	7.75		

NOTICE: The data contained within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change without notice. Please consult a medical professional assistance in planning for or treating medical conditions