

Milford School Food Services
 Elementary Menu
 Carbohydrate Counts
 Updated 06/2011

Breads & Grains

Bagel 2.3oz. Plain Lenders	32g
Bread 1sl.	10g
Bread Wheat	14g
Bread Loco	25g
Cereal, Golden Grahams	23g
Cereal, Kix	14g
Cereal, Crispy Rice	16g
Cereal, Cinamon Toasters	22g
Crackers Graham Honey 3pk .9oz	20g
Crackers, Saltine 2 pk	5g
Wheat bread 1 sl	11g
Italian Dunkers Bread Sticks 1oz.	21g
Italian Bread 1 ½" slice	15g
Corn Muffin 2 oz	28g
Pasta 1/2c white egg bow	23g
Pasta Shells ½ cup	42g
Pasta wheat ½ c	
Rice Brown ½ c	36g
Rolls Burger Multigrain	28g
Roll, Grinder	34g
Roll, Hard	32g
Roll Dinner Wheat or White	17g
Rolls Hot Dog Multigrain	21g
Rolls, Hot Dog Long	31g
Taco Soft Flour shells 6# 2 each	28g
Tortilla Chips Baked	19g
Wraps 12" Whole Wheat	44g
Simply Blue WW Breakfast Bun	34g
Simply Blue WW Honey Wheat Bar	27g
GMFrudel	36g
GM Mini Cinis	40g
GM Mini Pancakes	34g
Belgium Waffle Sticks 2ea.	33g
French Toast Sticks 2 sticks	26g
Snackin Walffle	35g
Fish:	
Fish Breaded Pollock 3.6oz	14g
Tuna	<1g

Beef/ Pork:

Burger Charbroiled 2oz. or 3oz	0g
Italian Dunker Meat 2oz.	2g
Meatballs Tyson 6 each	4g
Meatballs Maidrite 5 each	4g
Nacho Meat 2oz.	2g
Breaded Pork Patties	16g
Meatsauce Culinary Standards	13g
Turkey Taco Culinary Standards	3g
Seasoned Cuban Pork	0g
Long dogs with Pork, Beef, Chick Pepperoni	0g

Cheese/Dairy:

Pizza Schwanns:

French Bread Pizza- Red Baron	34g
4 x 6 Square	37.6g
Galaxy Pizza	32-34 g
Big Daddy Harvest	45g
Mexican Fiesta	54 g
Tony'x 5 "	46-49g
Stuffed Crust Pizza	45-50g
Unos Cheese	32g
Unos Whole Grain Cheese	31g
Stuffed Shells 2pcs	23g
Domonics Cheese Ravioli	23g
Grilled Cheese Sandwich 2oz.	26g
Cheese Calzone	43g
Pizza Dippers	12g

Cheese:

American	1g
Mozzarella Sticks	.8g
Cheese Cubes	.8g
Shredded Cheddar 2T	2g
Ravioli	21-24g
Lasagna Rollups	21g
Breaded Mozzarella Cheese Sticks 4 each	g
Macaroni and Cheese RF	38g
Yogurt 4 oz	22g

Chicken/ Turkey:

Chicken Dippers (Teriyaki) Pierre	9g
Chicken Nuggets Tyson	11g
Chicken Patty Tyson	12g
Chicken Popcorn 12 bites	17g
Chicken Diced 2 oz.	0g

Chicken Tangerine	31g
Chicken Teriyaki Strips	20g
Turkey Franks	1g
Turkey Taco	4g
Turkey Sausage	1g
Vegetarian Foods:	
Boca Burgers	8g

Sauces:

Cheese Sauce ¼ c	7g
BBQ Sauce 1 oz	11g
Marinara 4oz.	12g
Marinara 4 oz sugo ms	9.2g
Gravy 2 oz.:	
Brown	2g
Chicken	2 g
Turkey	1.5g
Salsa 2 T	2g
Hidden Healthies Alfredo 3.5oz	9g
Teriyaki	2g
Zesty Orange 1oz	21g

Soup:

Tomato Rice	22g
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Fruits & Vegetables

All Fruits canned =1/2c

Apple slices	17g
Applesauce	14g
Applesauce cups –all flavors	16g
Apples Sliced	12g
Fruit Cocktail	10.4g
Peaches	7.5g
Pears	19g
Pineapple	17g

Fresh Fruit:

Oranges	15.2g
Apples	21g
Bananas	26.7g

Minute Maid Froz. Fruit 2.25oz

Fruit Punch	15g
Wild Cherry	9

Fruit Juice 4oz.

Apple	14g
Orange	13.4g
Fruit Punch	15.5g

Pineapple		16g
Vegetables 1/4c		
Broccoli	2.5g	
Beans, Vegetarian	12g	
Carrots	2-3g	
Corn	8g	
Green Beans	2-3g	
Mixed Vegetables	6g	
Oriental Mix Veg	6g	
Lettuce:		
1 leaf	.4g	
Shredded Lettuce 2&	.4g	
Tomatoes:		
Slice	.7g	
Diced 2 T	.7g	
Potatoes ½ c:		
Mashed	13.5g	
Oven Fries	16.5g	
Desserts on the Menu:		
Pudding ½ c Chocolate	22g	
Pudding ½ cup Vanilla	26g	
Cookies Sugar 1.oz	21g	
Fortune Cookies	24g	
A La Carte Snacks:		
Cape Cod Potato Chips Red. Fat	9g	
Goldfish .75oz	14g	
Pretzels Tiny Twists 1 oz	23g	
Oreo 100 cal snack	19g	
Alternative Entrees:		
Sandwiches:		
Italian Combo Sub		31.9g
Ham and Cheese on a Hard Roll		32.15g
Turkey Sub		31.9g
Bologna & Cheese		32.5g
Tuna on a Hard Roll		31.0g
Salads:		
Fruit and Cottage Cheese		
Greek Salad	29g	
Caesar Chicken Salad	23.5	
Mexican Bean	87.3g	

Turkey /Ham/ Cheese Chef