

CARBOHYDRATE AMOUNT (GRAMS PER MEAL)

February 2010



	COL			
	PS	P6	K6	7+
LUNCH				
Chicken Apple Sausage, Egg and Cheese Sandwich (K-12 only) w/ Baby Carrots	x	43	38	38
Chicken Apple Sausage and Cheese Sandwich (PS) w/ Carrot Raisin Salad	41	x	x	x
Vegetarian Egg and Cheese Sandwich w/ Baby Carrots (K-12); Carrot Raisin Salad (PS/P6)	40	40	35	35
Dairy Free Chicken Apple Sausage and Egg Sandwich w/ Baby Carrots; Carrot Raisin Salad (PS/P6)	x	43	38	38
Covered 'n' Cheesy Chicken Burrito with Classic Ranchero Sauce	x	x	69	77
Chicken Tamale w/ Rice and Seasonal Veg	37	x	65	83
Cheese Tamale w/ Rice and Seasonal Veg	39	x	67	85
Macaroni and Cheese w/ Yogurt and Seasonal Veg	58	x	68	94
All Natural Dairy Free Hamburger on a 100% Whole Wheat Bun w/ Baby Carrots (K-12); Cucumbers (PS/P6)	38	38	43	43
All Natural Cheeseburger on a 100% Whole Wheat Bun w/ Baby Carrots (K-12); Cucumbers (PS/P6)	37	37	41	41
All Natural BBQ Chicken Sandwich with Cheese w/ Baby Carrots (K-12); Peas&Corn (PS/P6)	43	47	46	46
Sloppy Joe w/ Baby Carrots (K-12); Peas&Corn (PS/P6)	48	52	51	53
Chicken Vegetable Soup w/ Roll and Seeds(K-12), Yogurt (P6)	52	62	52	55
Chicken Noodle Soup w/ Roll and Seeds(K-12), Yogurt (P6)	60	73	63	66
Garden Vegetable White Bean Soup w/ Roll and Seeds (7-12)	61	x	68	62
Chicken Quesadilla w/ Rice and Seasonal Veg	53	x	59	78
All Natural Bean and Cheese Quesadilla with Rice and Seasonal Veg	65	x	77	77
All Natural Beef Taco with Rice and Seasonal Veg	x	x	68	68
All Natural Dairy Free Beef Taco with Rice and Seasonal Veg	54	x	74	74
Beans and Rice	44	x	x	x
Homemade Bean, Cheese & Corn Salsa Burrito	30	x	77	89
All Natural Beef, Bean, Cheese & Corn Salsa Burrito	x	x	72	79
All Natural Dairy Free Beef, Bean & Corn Salsa Burrito	31	x	78	80
All Natural BBQ Chicken w/Cheesy Potatoes, Crackers and Seasonal Veg	x	x	44	44
All Natural Dairy Free BBQ Chicken w/Roasted Potatoes and Crackers	x	x	44	44
All Natural Dairy Free BBQ Chicken w/ Brown Rice and Seasonal Veg	23	x	44	57
All Natural Dairy Free BBQ Chicken w/ White Rice and Seasonal Veg	23	x	43	55
All Natural Honey Glazed Chicken with Potatoes, Crackers and Seasonal Veg	x	x	38	43
All Natural Herb Roasted Chicken with Basmati Rice and Seasonal Veg	17	x	30	42
All Natural Teriyaki Chicken with Stir Fry Vegetables and Noodles	x	x	49	49
All Natural Teriyaki Tofu with Stir Fry Vegetables and Noodles, Yogurt and Seeds	x	x	75	75
All Natural Teriyaki Chicken with Stir Fry Vegetables and Not So Fried Rice	23	x	52	52
All Natural Teriyaki Tofu with Stir Fry Vegetables and Not So Fried Rice, Yogurt and Seeds	44	x	79	79
Homemade 3-Bean, Veggie Chili with Cheese w/ Roll	x	x	71	71
All Natural DF Beef and Bean Chili w/ Roll	x	x	51	56
All Natural Beef and Bean Chili with Cheese and Corn Muffin	x	x	72	73
All Natural Beef Hot Dog w/ Seeds (K-6)	x	x	42	37
Pasta Alfredo with Yogurt(PS & 7-12), Seeds(K-6), and Seasonal Veg	63	x	50	65
Baked Ziti with Zesty Hamburger and Seasonal Veg	38	x	40	57
Pasta Marinara with Parmesan, Yogurt (K-12) and Seasonal Veg	38	x	75	93
Dairy Free Pasta with Beef Marinara and Seasonal Veg	44	x	47	47

Cheese Tortellini w/ Roll and Seasonal Veg	58	x	72	74
Spaghetti with All Natural Meatballs and Seasonal Veg	x	x	49	50
Dairy Free Spaghetti with All Natural Meatballs and Seasonal Veg	47	x	50	50
All Natural Cheese Pizza with Carrots	41	41	42	47
Black-Eyed Peas w/ Rice and Seasonal Veg	51	x	56	62
Black-Eyed Peas w/ Smoked Turkey and Rice and Seasonal Veg	x	x	46	64
Turkey Sausage Jambalaya w/ Corn on the Cob	x	x	36	46
Beef and Broccoli with Rice	23	x	46	64
Chicken Strip with Pasta	17	x	27	37
Pasta Fagioli w/ Seasonal Veg	21	x	40	40
Turkey Meatloaf w/ Pasta Fagioli and Seasonal Veg	26	x	37	37
Southwest Black Bean Bowl with Cilantro Rice	31	x	55	55
Grilled Chicken Sandwich	35	X	35	35
Chicken Caesar Salad w/ Roll	30	x	38	38
Southwest Chicken Salad w/ Crackers	x	x	29	30
Sesame Chicken Salad w/ Roll	x	37	45	46
Italian White Bean Salad w/ Roll (K-12); Pretzels (PS)	34	x	60	60
Chopped Chicken Salad w/ Crackers	x	x	35	35
Roast Beef Sandwich (cold)	x	x	33	33
Chicken Caesar Wrap	x	x	56	56
Southwest Chicken Wrap	x	x	65	69
BBQ Turkey and Smoked Cheese Wrap	x	x	63	63
Medit Veg Wrap	x	x	78	81
Ham & Cheese Sandwich	42	x	33	33
Turkey and Cheese Sandwich	42	x	33	33
Hummus and Cheese Sandwich w/ Seeds; Yogurt (P6)	x	64	48	52
Field Trip Cheese Sandwich w/ Seeds (K-12); Yogurt (P6)	42	54	38	38
Field Trip Dairy Free Turkey Sandwich	42	x	33	33
Yogurt (Friday Delivery FT Meal), Crackers, Carrots, Seeds (K-12); String Cheese (P6)	38	38	45	45
BREAKFAST				
Cereal, Spoonfuls	16	x	48	
Cereal, Heart to Heart	16.7	x	42	
Cereal, Go Lean	18	x	45	
Cereal, Granola (Yogurt, K-12 Only)	39	x	41	
Muffin, Corn			50	
Muffin, Blueberry			52	
Muffin, Apple			52	
Muffin, Banana			52	
Muffin, LemonPoppySeed			51	
Cinnamon Roll			71	
Sweet Cheese Morning Bun			55	
Bagel, Plain, w/ Cream Cheese	15.4	x	31	
Bagel, Cinnamon Raisin, w/ Cream Cheese	16.4	x	33	
SNACK				
Crackers, Pretzels			17	
Crackers, Goldfish			14	
Crackers, Crispy Cheddars			19	
Crackers, Crispy Wheats			20	
Crackers, Miltons			14	
Crackers, Classic Rounds	9	x	x	x
Grahamsticks Honey, INDIV			23	
Grahamsticks Honey, BULK	13	x	x	x
Seeds, Sunflower	x	x	5	
Seeds, Pepitas	x	x	4	
Seeds, Blazin Hots	x	x	5	
Seeds, Soynuts	x	x	11	
Yogurt, 6oz			21	
Cheese, String			0	
Apple Juice			21	
Baby Carrots (3 oz)	x	x	8	
Milk				
Milk	9		12	

* Lunch Entrées are served with a piece of fresh fruit (15 gm Carbohydrate equivalent) and 8 fl. oz of milk (12 gm carbohydrate equivalent) for grade levels K-12; please plan accordingly.

* The information provided above is intended as a helpful resource only. Due to the fresh, hand -made nature of every Revolution Foods meal, portion sizes listed above may differ slightly from meal to meal. Due to these variations and our inability to control how much of each meal the child is eating, and whether or not the entire meal is eaten with fruit and milk, students/families should be ultimately responsible for diabetes self-management.

* This information is subject to change at anytime, or when Revolution Foods develops new menu items or modifies existing recipes.

Effective date: February 1, 2010 This document supersedes any previously published document reporting carbohydrate amounts.