

Carbohydrate Report

District: Roseville Joint Union High School District

School: Cavitt Jr. High and Olympus Jr. High

Menu: Jr. High Menu



	Portion Size	Calories (kcal)	Carbohydrates (gm)
Jr. High Menu			
Recipe	Total		
Turkey Deli w/ Side Salad (Ranch)	1.00 Sandwich	330.000	38.000
Chicken Caesar Wrap w/ Side Salad (Ranch)	1.00 each	792.563	69.473
Spicy Chicken Sandwich w/ Baked Fries	1.00 each	628.550	83.244
Chicken Tenders w/ Garlic Breadstick and Baked Fries	1.00 serving/2	520.700	64.496
Cheese Sandwich w/ Side Salad (Ranch)	1.00 each	764.568	45.700
Orange Chicken w/ Asian Noodles and Grapes	1.00 serving	410.236	75.427
Teriyaki Chicken w/ Asian Noodles and Grapes	1.00 serving	425.574	67.940
Garden Salad w/ Roll (Ranch)	1.00 serving	651.344	73.096
Chicken Salad w/ Garden Salsa Sun Chips (Ranch)	1.00 serving	734.344	69.096
Primo Cheese Pizza w/ Grapes	1.00 Pizza w/ fruit	390.454	41.854
Primo Pepperoni Pizza w/ Grapes	1.00 Pizza w/ fruit	390.454	41.854
Cheeseburger w/ Baked Fries	1.00 each	693.593	77.675
Side Salad w/ Ranch	1.00 salad	270.568	18.700
Apples	1.00 each	72.000	19.000
Banana	1.00 each	112.000	29.000
Fruit; Apple Slices	1.00 packet	29.842	7.958
Fruit; Grapes	1.00 package	60.034	15.009
Orange	1.00 piece	62.000	15.000
1% Milk	1.00 carton	102.480	12.176
Skim Milk	1.00 carton	83.300	12.152

* = Indicates missing Nutrient Information.

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