

McAllen ISD

Carbohydrate Analysis

Carbohydrate grams per serving in Supper menus Elementary-High School

Thursday, 1 April		Friday, 2 April		Monday, 5 April		Tuesday, 6 April		Wednesday, 7 April	
Hamburger w/ Sweet Potato Tots		Spring Break Pizza		Toasty Sandwich, Corn Cobbett and Capri Sun		Tornados with Veggie Normandy		Mini Corn Dogs w/ Frozen Baby Carrots	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Beef Hamburger	0.9g	Pizza, Cheese Deep Dish	26.9g	Toasty Sandwich	31.9g	Tornados (4)	88.1g	Mini Corn Dogs	33.3g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Sweet Potato Tater Gems 3	27.6g	Fresh Baby Carrots, (dinner	14.0g	Corn on the Cob	27.3g	Veggie Nibbles Blend 3/4 CU	7.6g	Baby Carrots 3/4 CUP	11.5g
<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>	
Milk, Fat Free, Chocolate	19.0g	Juice, Apple Vita Fresh, 4oz	14.0g	Juice, Fruit Punch, 6.75 oz	27.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g
Milk, Fat Free, Strawberry	19.0g	Juice, Orange Vita Fresh, 4	12.0g	Juice, Berry Breeze, 6.75 oz	24.0g	Milk, Fat Free, Strawberry	19.0g	Milk, Fat Free, Strawberry	19.0g
Milk, Fat Free, Unflavored	13.0g	Fruit Fresh Assorted ** DO	0.0g*	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g
		Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Strawberry	19.0g				
		Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g				

* Indicates incomplete or missing nutrient information.

Thursday, 8 April	Friday, 9 April	Monday, 12 April	Tuesday, 13 April	Wednesday, 14 April
Chicken Burger w/ Sweet Potato Tots	Ciabatta Melt w/2 Fresh Baby Carrots	Nuggets w/ corn on the cob	Tamales and Veggie normandy	SunButter, Cheese Cubes w/ Frozen Baby Carrots
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Chicken Burger 15.4g	Ciabatta Grilled Cheese Melt 27.9g	Chicken Nuggets 16.2g	Beef Tamales WG, Lunch Ele 21.1g	SunButter & Cheese Cubes 34.5g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Sweet Potato Tater Gems 3 27.6g	2 each Fresh Baby Carrots 14.0g	Corn on the Cob 27.3g	Veggie Nibbles Blend 3/4 CU 7.6g	Baby Carrots 3/4 CUP 11.5g
<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>
Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g
Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g

* Indicates incomplete or missing nutrient information.

Thursday, 15 April	Friday, 16 April	Monday, 19 April	Tuesday, 20 April	Wednesday, 21 April
Fish Nuggets w/ Sweet Potato Tots	Spring Break Sandwich	Fish Nuggets w/ Corn Cobbett	Tornados with Veggie Normandy	Mini Corn Dogs w/ Frozen Baby Carrots
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Fish nuggets 19.1g	Toasty Sandwich 31.9g	Fish nuggets 19.1g	Tornados 88.1g	Mini Corn Dogs 33.3g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Sweet Potato Tater Gems 3 27.6g	Juice, Apple Vita Fresh, 4oz 14.0g	Corn on the Cob 27.3g	Veggie Nibbles Blend 3/4 CU 7.6g	Baby Carrots 3/4 CUP 11.5g
<i>Milk</i>	Juice, Orange Vita Fresh, 4 12.0g	Juice, Punch, 6 oz 24.0g	<i>Milk</i>	<i>Milk</i>
Milk, Fat Free, Chocolate 19.0g	Baby Carrots 3/4 CUP 11.5g	Berry Breeze 6 oz 24.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
Milk, Fat Free, Strawberry 19.0g	Fruit Fresh Assorted ** DO 0.0g*	<i>Milk</i>	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g
Milk, Fat Free, Unflavored 13.0g	<i>Milk</i>	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g
	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Strawberry 19.0g		
	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g		

* Indicates incomplete or missing nutrient information.

Thursday, 22 April	Friday, 23 April	Monday, 26 April	Tuesday, 27 April	Wednesday, 28 April
Yogurt Bento Box	Turkey Sticks w/ Cheese Cubes, Saltine Crackers & Baby Carrots	Nuggets w/ corn on the cob	Tamales and Veggie normandy	PinWheel w/ Baby Carrots
<i>Entree</i>		<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Yogurt Bento Box w/ jicama 71.3g		Chicken Nuggets 16.2g	Beef Tamales WG, Lunch Ele 21.1g	Pinwheel, Pepperoni 36.0g
<i>Milk</i>	<i>Entree</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Milk, Fat Free, Chocolate 19.0g	Turkey Stick w/Cheese Cube 9.3g*	Corn on the Cob 27.3g	Veggie Nibbles Blend 3/4 CU 7.6g	Baby Carrots 3/4 CUP 11.5g
Milk, Fat Free, Strawberry 19.0g	<i>Side Dish</i>	Juice, Punch, 6 oz 24.0g	<i>Milk</i>	<i>Milk</i>
Milk, Fat Free, Unflavored 13.0g	2 each Fresh Baby Carrots 14.0g	Berry Breeze 6 oz 24.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
	<i>Milk</i>	<i>Milk</i>	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g
	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g
	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g		
	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g		

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Thursday, 29 April		Friday, 30 April		Monday, 3 May		Tuesday, 4 May		Wednesday, 5 May	
Hamburger w/ Sweet Potato Tots		Italian Meatball Hoagie w/ Fresh Baby Carrots		Toasty Sandwich, Corn Cobbett and Capri Sun		Tornados with Veggie Normandy		Mini Corn Dogs w/ Frozen Baby Carrots	
<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>		<i>Entree</i>	
Beef Hamburger	0.9g	Turkey Ham Hoagie	40.0g	Toasty Sandwich	31.9g	Tornados	88.1g	Mini Corn Dogs	33.3g
<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>		<i>Side Dish</i>	
Sweet Potato Tater Gems 3	27.6g	Fresh Baby Carrots, (dinner	14.0g	Corn on the Cob	27.3g	Veggie Nibbles Blend 3/4 CU	7.6g	Baby Carrots 3/4 CUP	11.5g
<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>		<i>Milk</i>	
Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g	Juice, Fruit Punch, 6.75 oz	27.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g
Milk, Fat Free, Strawberry	19.0g	Milk, Fat Free, Strawberry	19.0g	Juice, Berry Breeze, 6.75 oz	24.0g	Milk, Fat Free, Strawberry	19.0g	Milk, Fat Free, Strawberry	19.0g
Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g
				Milk, Fat Free, Strawberry	19.0g				
				Milk, Fat Free, Unflavored	13.0g				

* Indicates incomplete or missing nutrient information.

Thursday, 6 May	Friday, 7 May	Monday, 10 May	Tuesday, 11 May	Wednesday, 12 May
Chicken Burger w/ Sweet Potato Tots	Ciabatta Melt w/2 Fresh Baby Carrots	Chicken Nuggets, Corn Cobbett and Capri Sun	Tamales and Veggie normandy	SunButter, Cheese Cubes w/ Frozen Baby Carrots
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Chicken Burger 15.4g	Ciabatta Grilled Cheese Melt 27.9g	Chicken Nuggets 16.2g	Beef Tamales WG, Lunch Ele 21.1g	SunButter & Cheese Cubes 34.5g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Sweet Potato Tater Gems 3 27.6g	2 each Fresh Baby Carrots 14.0g	Corn on the Cob 27.3g	Veggie Nibbles Blend 3/4 CU 7.6g	Baby Carrots 3/4 CUP 11.5g
<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>
Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g	Juice, Fruit Punch, 6.75 oz 27.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g	Juice, Berry Breeze, 6.75 oz 24.0g	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g
Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g	<i>Milk</i>	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g
		Milk, Fat Free, Chocolate 19.0g		
		Milk, Fat Free, Strawberry 19.0g		
		Milk, Fat Free, Unflavored 13.0g		

* Indicates incomplete or missing nutrient information.

Thursday, 13 May	Friday, 14 May	Monday, 17 May	Tuesday, 18 May	Wednesday, 19 May
Fish Nuggets w/ Sweet Potato Tots	Spring Break Sandwich	Fish Nuggets w/ Corn Cobbett	Tornados with Veggie Normandy	Mini Corn Dogs w/ Frozen Baby Carrots
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Fish nuggets 19.1g	Toasty Sandwich 31.9g	Fish nuggets 19.1g	Tornados 88.1g	Mini Corn Dogs 33.3g
<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Sweet Potato Tater Gems 3 27.6g	Juice, Apple Vita Fresh, 4oz 14.0g	Corn on the Cob 27.3g	Veggie Nibbles Blend 3/4 CU 7.6g	Baby Carrots 3/4 CUP 11.5g
<i>Milk</i>	Juice, Orange Vita Fresh, 4 12.0g	Juice, Punch, 6 oz 24.0g	<i>Milk</i>	<i>Milk</i>
Milk, Fat Free, Chocolate 19.0g	Baby Carrots 3/4 CUP 11.5g	Berry Breeze 6 oz 24.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
Milk, Fat Free, Strawberry 19.0g	Fruit Fresh Assorted ** DO 0.0g*	<i>Milk</i>	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g
Milk, Fat Free, Unflavored 13.0g	<i>Milk</i>	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g
	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Strawberry 19.0g		
	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g		

* Indicates incomplete or missing nutrient information.

Thursday, 20 May	Friday, 21 May	Monday, 24 May	Tuesday, 25 May	Wednesday, 26 May
Yogurt Bento Box	Turkey Sticks w/ Cheese Cubes, Saltine Crackers & Baby Carrots	Chicken Nuggets, Corn Cobbett and Capri Sun	Tamales and Veggie normandy	PinWheel w/ Baby Carrots
<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>	<i>Entree</i>
Yogurt Bento Box w/ jicama 71.3g	Turkey Stick w/Cheese Cube 9.3g*	Chicken Nuggets 16.2g	Beef Tamales WG, Lunch Ele 21.1g	Pinwheel, Pepperoni 36.0g
<i>Milk</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>	<i>Side Dish</i>
Milk, Fat Free, Chocolate 19.0g	2 each Fresh Baby Carrots 14.0g	Corn on the Cob 27.3g	Veggie Nibbles Blend 3/4 CU 7.6g	Baby Carrots 3/4 CUP 11.5g
Milk, Fat Free, Strawberry 19.0g	<i>Milk</i>	Juice, Fruit Punch, 6.75 oz 27.0g	<i>Milk</i>	<i>Milk</i>
Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g	Juice, Berry Breeze, 6.75 oz 24.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Chocolate 19.0g
	Milk, Fat Free, Strawberry 19.0g	<i>Milk</i>	Milk, Fat Free, Strawberry 19.0g	Milk, Fat Free, Strawberry 19.0g
	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Chocolate 19.0g	Milk, Fat Free, Unflavored 13.0g	Milk, Fat Free, Unflavored 13.0g
		Milk, Fat Free, Strawberry 19.0g		
		Milk, Fat Free, Unflavored 13.0g		

* Indicates incomplete or missing nutrient information.

Thursday, 27 May		Friday, 28 May	
Hamburger w/ Sweet Potato Tots		Italian Meatball Hoagie w/ Fresh Baby Carrots	
<i>Entree</i>		<i>Entree</i>	
Beef Hamburger	0.9g	Turkey Ham Hoagie	40.0g
<i>Side Dish</i>		<i>Side Dish</i>	
Sweet Potato Tater Gems 3	27.6g	Fresh Baby Carrots, (dinner	14.0g
<i>Milk</i>		<i>Milk</i>	
Milk, Fat Free, Chocolate	19.0g	Milk, Fat Free, Chocolate	19.0g
Milk, Fat Free, Strawberry	19.0g	Milk, Fat Free, Strawberry	19.0g
Milk, Fat Free, Unflavored	13.0g	Milk, Fat Free, Unflavored	13.0g

* Indicates incomplete or missing nutrient information.