

## CARBOHYDRATE AMOUNT (GRAMS PER MEAL)

September 2010



	carb (gm)	
	K6	7-12
<b>LUNCH</b>		
Cheesy Chicken Quesadilla w/ Apple/Carrot Pack	65	65
All Natural Bean and Cheese Quesadilla w/ Apple/Carrot Pack	82	82
Covered 'n' Cheesy Chicken Burrito with Classic Ranchero Sauce	78	84
All Natural Beef, Bean & Cheese Burrito w/ Apple/Carrot Pack	77	83
Homemade Bean & Cheese Burrito w/ Apple/Carrot Pack	88	101
All Natural Dairy Free Beef & Bean Burrito w/ Apple/Carrot Pack	89	97
All Natural Chicken Fajita Burrito	80	88
Revy Cheeseburger on a Fresh Baked Bun w/ Apple/Carrot Pack	43	43
Revy Burger on a Fresh Baked Bun (DF) w/ Apple/Carrot Pack	43	43
All Natural BBQ Chicken Sandwich with Cheese and Carrot/Apple Pack	47	50
Sloppy Joe w/ Carrot/Apple Pack	56	57
Grilled Chicken Sandwich w/ Apple/Carrot Pack	39	39
All Natural Beef Hot Dog w/ Pita Chips, Carrot/Apple Pack	64	65
Egg and Cheese Sandwich w/ Apple/Carrot Pack	40	40
Macaroni and Cheese w/ Baked Beans and Apple/Carrot Pack	116	127
Pasta Alfredo with Yogurt and Apple/Carrot Pack	69	92
Pasta Fagioli w/ Apple/Carrot Pack	56	56
Baked Ziti with Zesty Hamburger and Apple/Carrot Pack	51	64
Deep Dish Sausage Pizza w/ Carrot dipper	57	57
Deep Dish Cheese Pizza w/ Carrot dipper	57	57
<i>All meals below are served with 1/2 cup fresh fruit (15gm carbohydrate - not included in meal totals)</i>		
All Natural Beef Taco with Rice and Seasonal Veg	59	60
All Natural Dairy Free Beef Taco with Rice and Seasonal Veg	65	66
Bean and Cheese Nachos with Corn Salsa and Pita Chips	72	84
Bean and Cheese Nachos with Tomatillo and Pita Chips	91	103
Beef, Bean and Cheese Nachos with Corn Salsa and Pita Chips	61	73
Beef, Bean and Cheese Nachos with Tomatillo Salsa and Pita Chips	80	93
Chicken and Cheese Enchilada w/ Rice and Corn	49	61
Cheese and Chile Enchilada w/ Rice and Corn	49	61
Chicken and Cheese Enchilada w/ Rice, Corn and Verde Sauce	71	83
Cheese and Chile Enchilada w/ Rice, Corn and Verde Sauce	71	83
Chicken Tamale w/ Beans, Rice and Seasonal Veg	56	70
Cheese Tamale w/ Beans, Rice and Seasonal Veg	58	72
Chicken Noodle and Vegetable Soup w/ Milton's Crackers, Soynuts	47	48
Chicken Vegetable Soup w/ Milton's Crackers (and Soynuts 7-12)	47	50
Garden Vegetable White Bean Soup w/ Milton's Crackers and Seeds (7-12)	45	43
Homemade 3-Bean, Veggie Chili with Cheese w/ Milton's Crackers	53	53
All Natural Beef and Bean Chili with Cheese and Milton's Crackers	36	36
All Natural DF Beef and Bean Chili w/ Crackers	36	41
All Natural BBQ Chicken w/Cheesy Potatoes, Braised Greens & Milton's Crackers	43	51
All Natural Dairy Free BBQ Chicken w/Roasted Potatoes, Braised Greens & Milton's Crackers	43	51
All Natural Dairy Free BBQ Chicken w/ Brown Rice and Braised Greens	38	60
All Natural Dairy Free BBQ Chicken w/ White Rice and Braised Greens	36	58
All Natural Honey Glazed Chicken with Potatoes, Braised Greens & Milton's Crackers	52	76
All Natural Teriyaki Chicken with Stir Fry Vegetables and Not So Fried Rice	52	54
All Natural Teriyaki Tofu with Stir Fry Vegetables and Not So Fried Rice, Yogurt and Seeds	79	81
Southwest Black Bean Bowl with Cilantro Rice	61	61
Vegetable Cheese Lasagna	40	44
Pasta Marinara with Parmesan & Yogurt	59	82
Cheese Tortellini w/ Milton's Crackers	52	53
Turkey Meatloaf w/ Pasta Fagioli	55	55
Spaghetti Marinara with All Natural Meatballs and Cheese	63	82
Spaghetti Marinara with All Natural Meatballs (Dairy Free)	64	82
Dairy Free Pasta Marinara with All Natural Meatballs	46	57
Turkey Sausage Jambalaya w/ Seasonal Veg	36	46
Chicken Caesar Salad w/ Pretzels	23	24
Southwest Chicken Salad w/ Milton's Crackers	31	38
Sesame Chicken Salad w/ Milton's Crackers	31	34
Chopped Chicken Salad w/ Goldfish Crackers	28	30
Chef's Salad w/ Milton's Crackers	18	20
Vegetarian Chef's Salad w/ Milton's Crackers	33	37
Taco Salad with Beef and Cheese w/ Pita Chips	26	27
Vegetarian Taco Salad w/ Pita Chips	41	43
Italian White Bean Salad w/ Pretzels	43	44
Chicken Caesar Wrap (w/ Goldfish Crackers 7-12)	51	65
Southwest Chicken Wrap	58	64
Southwest Chicken Wrap (Dairy Free)	63	69
BBQ Turkey and Cheese Wrap	57	57
Medit Veg Wrap	71	74

Sesame Chicken Wrap	62	62
Vegetarian Chickpea Wrap w/ Pita Chips	90	90
Turkey and Cheese Sandwich w/ Milton's Crackers	42	42
Dairy Free Turkey Sandwich w/ Milton's Crackers	42	42
Chicken Salad Sandwich w/ Pita Chips	46	46
Roast Beef Sandwich	28	28
Hummus and Cheese Sandwich w/ Pretzels and Seeds	61	67
Hummus and Cheese Sandwich with Cucumber, w/ Pretzels and Seeds	62	68
Cheese Sandwich w/ seeds (w/ Goldfish crackers 7-12)	33	47
Mozzarella Hoagie with Marinara, w/ Goldfish Crackers	48	52
(Friday Delivery Field Trip Meal) Yogurt, Crackers, Carrots, Seeds	45	45
<b>BREAKFAST: all breakfasts are served with 1/2 cup fresh fruit (15 gm carbohydrate, not included in meal totals)</b>		
Cereal, Spoonfuls	48	
Cereal, Heart to Heart	42	
Cereal, Go Lean	45	
Tripple Berry Crunch Cereal	41	
Apple Cinnamon Smiles Cereal	40	
Toasted O's Cereal	35	
Cereal, Granola w/ Yogurt	33	
Muffin, Corn	42	
Muffin, Blueberry	43	
Muffin, Apple	43	
Muffin, Banana	43	
Muffin, LemonPoppySeed	43	
Cinnamon Roll	71	
Sweet Cheese Morning Bun	71	
Bagel, Plain, w/ Cream Cheese	48	
Bagel, Cinnamon Raisin, w/ Cream Cheese	50	
Zac Omega Bar	40	
Oatmeal	42	
<b>SNACK: all snacks (except where noted) are served with 3/4 cup fresh fruit (21 gm carbohydrate - not included in meal totals)</b>		
Crackers, Pretzels	17	
Crackers, Goldfish	14	
Crackers, Crispy Cheddars	19	
Crackers, Crispy Wheats	20	
Crackers, Miltons	14	
Popalongs, Cheese	14	
Popalongs, Cinnamon	16	
Bunny Grahams	20	
Pita Chips, MultiGrain Garden Herb	18	
Pita Chips, Sea Salt	18	
Seeds, Sunflower	5	
Seeds, Pepitas	4	
Seeds, Blazin Hots	5	
Seeds, Soynuts	11	
Yogurt, 4oz	14	
Cheese, String	0	
Zac Attack Bar	26	
Hummus/Miltons (NO FRUIT)	26	
Hummus/Carrots (NO FRUIT)	20	
Hummus/Celery (NO FRUIT)	15	
White Bean Dip/Celery (NO FRUIT)	16	
White Bean Dip/Carrots (NO FRUIT)	20	
<b>BEVERAGE: all lunch and breakfast meals are served with 8 fl oz milk (12 gm carbohydrate - not included in meal totals)</b>		
Milk	12	

All Breakfasts are served with 1/2 cup of fresh fruit (15 gm Carbohydrate equivalent).

All Lunch entrees are served with either cut fruit/veg (as noted with specific meals above) or 1/2 cup of fresh fruit (15 gm carbohydrate equivalent). (Where applicable, the gm carbohydrate contribution from the cut fruit/veg has already been added into the meal totals above. Carrot/Apple Pack = 10 gm; Carrot Dipper = 7 gm carbohydrate equivalent)

K-12 Snacks are served with 3/4 cup of fresh fruit (21 gm Carbohydrate equivalent), unless noted above.

Grades K-12 receive 8 fl. oz of milk (12 gm carbohydrate equivalent) with lunch and breakfast

\* 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: September 1, 2010 This document supersedes any previously published document reporting carbohydrate amounts.