

## Middletown CHO content

Entree	Portion Size	G CHO
Bagel bag lunch	1 bag	101.14
Bagel w/ yogurt & cheese	1 each	66.20
Baked Macaroni and Cheese	1 cup	48.23
Breaded chicken	2 oz	12.00
Dinner roll, 1 oz.	1 each	13.04
Cheeseburger on a wheat bun	1 each	35.51
Chicken nuggets, Gold Kist	5 each	14.40
Chicken patty on a wheat bun	1 each	46.36
Chicken Tenders	1 serving	15.00
Grilled cheese on pretzel bun	1 each	44.91
Italian Hoagie	1 each	39.65
Meatball Sandwich on a Roll	1 each	55.13
Pancakes	2 each	28.02
Pizza, Nardone 5" Round Cheese	1 slice	45.00
Pizza, Nardone Stuffed Crust	1 slice	39.00
Turkey bologna & cheese on Kaiser	1 each	36.80
Beef frank on bun	1 each	18.11
Turkey taco meat & nachos	2 oz.	20.40
Tuna salad & baked scoops	1 each	27.23

Fruits	Portion Size	G CHO
Apple	1 each	19.06
Applesauce	1/2 cup	25.39
Apple juice	4 fl oz	14.48
Banana, Petite	1 each	23.66
Fruit cocktail, juice packed	1/2 cup	10.08
Grape Juice	4 fl. oz.	19.00
Mandarin oranges, juice packed	1/2 cup	8.89
Peaches, juice packed	1/2 cup	14.46
Pear	1 each	25.66
Pears, juice packed	1/2 cup	15.79
Pineapple chunks, juice packed	1/2 cup	19.55
Orange	1 each	15.39
Orange juice	4 fl oz	12.68
Watermelon Slice	1 slice	21.59

Vegetables	Portion Size	G CHO
Broccoli	1/2 cup	3.73
Carrots	1/2 cup	5.64
Carrot sticks	1/2 cup	5.84
Corn	1/2 cup	15.42
Green beans	1/2 cup	6.08
Mixed vegetables	1/2 cup	11.91
Peas	1/2 cup	11.41
Peas & carrots	1/2 cup	9.18
Tossed salad mix	1/2 cup	1.19

Milk	Portion Size	G CHO
MILK, 1% Chocolate	HALF PINT	30.00
MILK, 1% Lowfat	HALF PINT	12.18
MILK, Skim	HALF PINT	12.15
MILK, 1% Strawberry	HALF PINT	28.00