

JACKSON SCHOOL DISTRICT FOOD SERVICE DEPARTMENT PRODUCT/PORZION/CARBS CHART

MEAT/ MEAT ALTERNATE/ ENTREE		
PRODUCT:	PORTION SIZE:	CARBS/Grams:
Entrees use & tomato added to any sandwich		
Bar-B-Q Rib on Bun	1 each	72
Cheeseburger on Bun	1 each	29
Cheeseburger on Pretzel Bun	1 each	49
Cheesesteak on Roll	1 each	32
Chicken, Baked	3 oz.	14
Chicken, Fingers	4 each	14
Chicken, Nuggets	5 each Elem/MS	14
Chicken, Oriental	3.96 oz.	19
Chicken Panini, SouthWest	2 each	30
Chicken Parm	1 each	19
Chicken Parm on Bun	1 each	44
Chicken Parm w/ Pasta	1 cup pasta	86
Chicken Pattie on Bun	1 each	38
Chicken, Popcorn	14 each; 3.08 oz.	13
Colby Cheese Omelet w/ Eng. Muffin	1 each	27 w/Eng. Muffin 2 w/out Eng. Muffin
	1 each	

Ham Sandwich on Whole Grain Bread	1 each	31
Ham on Kaiser Roll	1 each	34
Ham & Cheese on Whole Grain Bread	1 each	33
Ham & Cheese on Kaiser Roll	1 each	36
Ham & Cheese Wrap	1 each	55
Hot Dog on Bun	1 each	26
Italian Hoagie <i>(includes lettuce & tomato)</i>	1 each	37
Lasagna, Cheese	4.15 oz.	26

Turkey on Kaiser Roll	1 each	34
Turkey & Cheese on Whole Grain Bread	1 each	33
Turkey & Cheese on Kaiser Roll	1 each	36
Turkey Cheese Wrap	1 each	55

SIDE BREADS & GRAINS

PRODUCT:	PORTION SIZE:	CARBS/Grams:
Bagel-fuls, original	1 each	28



Carrots, Fresh

Cherries, Dried	1/2 cup	54
Cherries, Frozen	1/2 cup	9
Clementines, Fresh		

Parmesan Cheese	1 Tbsp.	1
Promise Margarine	PC/5.5g	0
Salad Dressing: <i>(small packets)</i> -French & Creamy Italian -Italian & Ranch	PC/9g	1 0
Salsa	1/2 cup	0
Sour Cream		