

IMPORTANT NOTICE PERTAINING TO NUTRITION AND INGREDIENT INFORMATION

Cartersville City School District attempts to provide nutrition and ingredient information regarding its menus that is as complete and accurate as possible. Some menu items may not be available at all schools; test products, test formulations or site-specific items may not be included. While the ingredient information is based on standard product formulations, variations may occur depending on the local supplier, the region of the country and the season of the year. Further, product formulations change periodically. Serving sizes may vary from quantity upon which the analysis was conducted.

If you wish additional information or have special sensitivities or dietary concerns regarding specific ingredients in menu items, please contact the Office of School Nutrition at 770-387-4720. Nutrition and ingredient information is continuously updated in an attempt to reflect the current status of our menus and may vary from printed materials.

**If a vendor does not deliver a food item, a menu substitution may be made.*

Updated 3/2/09

Food Item	Serving Size	Grams Carbs	Comments	*Recipe number
Condiment, Catsup	ind./each	2		
Condiment, Jelly	ind./each	14		
Condiment, Ranch Dip	ind./each	2		
Condiment, Salad Dressing, Creamy Italian, Sun Light	2 Tbs.	2		
Condiment, Salad Dressing, Lite Italian, Kens	2 Tbs.	1		
Condiment, Salad Dressing, Low-Fat Ranch, Kens	2 Tbs.	1		
Condiment, Salad Dressing, Ranch, Reg. Mix, Foothill	2 Tbs.	1		
Condiment, Salad Dressing, Thousand Island, Kens	2 Tbs.	4		
Condiment, Syrup	1 Tbs.	15		
Dairy, Cottage Cheese, 1%	1/2 cup	4		
Dairy, Milk, 1%	8 oz. carton	13		
Dairy, Milk, Chocolate Low Fat	8 oz. carton	28		
Dairy, Milk, Fat-free	8 oz. carton	13		
Dairy, Milk, Strawberry, Fat-free	8 oz. carton	27		
Dairy, Milk, Vanilla, Fat-free	8 oz. carton	28		
Dairy, Sour Cream	2 Tbs.	2		
Dessert, Brown Cow Bar 3.3oz	each	18		
Dessert, Brown Cow Jr. 1.85 oz	each	10		
Dessert, Brownie	1 square	23		
Dessert, Brownie w/Icing	1 square	38		
Dessert, Cake, Chocolate w/Icing	1 square	52		204

Food Item	Serving Size	Grams Carbs	Comments	*Recipe number
Dessert, Cake, Cupcake, Birthday, Vanilla	each	37		
Dessert, Choc.98% Fat Free Cup, 4 oz	each	18		
Dessert, Chococolate Ice Cream Sandwich, 4.25 oz	each	30		
Dessert, Cookie, Chocolate Chip	each	35	Purchased	528
Dessert, Cookie, Oatmeal Raisin	each	25	School Made	
Dessert, Cookie, Peanut Butter	each	19	School Made	
Dessert, Cookie, Sugar	each	35	Purchased	497
Dessert, Fruit Crisp	serving	30	School Made	
Dessert, Fudge Bar, 2.5 oz	each	24		
Dessert, Fudge Stix 1.75 oz	each	17		
Dessert, Gelatin, Fruit Flavor, Plain	1/2 cup	19		
Dessert, Gelatin, Fruit Flavor, With Fruit	1/2 cup	18		
Dessert, Ice Cream Sandwich, 4.25 oz	each	30		26
Dessert, Ice Cream, Chocolate	1/2 cup	17		
Dessert, Ice Cream, Strawberry	1/2 cup	17		
Dessert, Ice Cream, Vanilla	1/2 cup	17		
Dessert, Marshmallow Treat	each	54		
Dessert, Mini Ice Cream Sandwich, 2.25 oz	each	17		506
Dessert, NSA Brown Cow Jr., 1.85 oz	each	9		
Dessert, NSA Fruit Stix, 1.75 oz	each	4		525
Dessert, NSA Fudge Stix, 1.75 oz	each	12		
Dessert, Orange Pop-Up, 3 oz	each	16		
Dessert, Orange Sherbet Cup, 3 oz.	each	19		
Dessert, Pudding, Chocolate & Vanilla	1/2 cup	28		
Dessert, Real Fruit Bar, 1.75 oz	each	14		
Dessert, Sherbet	each	26	All flavors	
Dessert, Smoothie, Peach	6 oz.	36		
Dessert, Smoothie, Raspberry	6 oz.	48		
Dessert, Snow Cream Stix, 1.75 oz.	each	12		
Dessert, Strawberry Ice Cream Cup, 3 oz.	each	12		
Dessert, Sundae Cone, 4 oz.	each	27		
Dessert, Toffee Bar, 3.3 oz.	each	13		
Dessert, Turnovers	each	28	All flavors	
Dessert, Va/Va Mini Ice Cream Sandwich, 2.25 oz	each	16		
Dessert, Vanilla 98% Fat Free Cup, 4 oz	each	19		
Dessert, Vanilla Ice Cream Cup, 3 oz	each	17		
Dessert, Vanilla Lowfat Ice Cream Sandwich, 4 oz.	each	30		

Food Item	Serving Size	Grams Carbs	Comments	*Recipe number
Dessert, Vanilla Yogurt Cup, 3 oz.	each	13		
Dessert, Yougurt Cream Bar, 3 oz	each	15		
Enntree, Teriyaki Chicken	2.6 oz	6	2m/ma	
Entrée Breakfast, Pancake & Sausage on a Stick	each	30		
Entrée, 1 oz String Mozzarella	each	<1	Land O Lakes	
Entrée, 1oz Cheese Portion RF Cheddar	each	0	Land O Lakes	
Entrée, 1oz Cheese Portion RFColby	each	0	Land O Lakes	
Entrée, 3 oz Cheese Dip Cups	each	4	Land O Lakes	310
Entrée, Alpine Lace RF Swiss Cheese	slice	0	Land O Lakes	
Entree, Beef and Macaroni Bake	3/4 cup	24		441
Entree, Beef Tenders	2 - 1.5 oz.	21		
Entrée, Breakfast Bacon/Cheese Eggs	2 oz	1	Sunnyfresh	
Entrée, Breakfast Bites	3 ea	19		449
Entrée, Breakfast Caramel Apple Toast	3.25 oz	31	Sunnyfresh	
Entrée, Breakfast Cinnamon Glazed Toast	3.25 oz	31	Sunnyfresh	330
Entrée, Breakfast Colby Cheese Omelet	2.1 oz	1	Sunnyfresh	
Entrée, Breakfast Eggs Scrambled	1 oz.	1	Sunnyfresh	
Entrée, Breakfast French Toast Sticks	serving	42		
Entrée, Breakfast Grilled Egg Patty	1.25 oz	1	Sunnyfresh	
Entrée, Breakfast Muffin	each	23		635
Entrée, Breakfast Pancake on a Stick	each	30		
Entrée, Breakfast Pancakes	2 each, 4 "	22		
Entrée, Breakfast Pizza	1 slice	32		374
Entrée, Breakfast Sausage	each	2		
Entrée, Breakfast Scrambed Egg Patty	1.5 oz	1	Sunnyfresh	
Entrée, Breakfast Toast-Cheese	each	16	one slice bread, one slice cheese (.5 oz.)	
Entrée, Breakfast Waffle	each	25		
Entrée, Breakfast Waffle Snack'n Blueberry	each	34	Smuckers	
Entrée, Breakfast Waffle Snack'n Cinnamon	each	33	Smuckers	
Entrée, Breakfast Waffle Snack'n Maple	each	33	Smuckers	
Entrée, Breakfast WW Bun	each	26		
Entree, Burrito, Beef and Bean	each	36		
Entrée, Cheese Rolls Zesty	each	17	Land O Lakes	
Entrée, Cheese Sauce, 3 oz	serving	4	Land O Lakes	
Entrée, Cheese, String 1 oz.	1 oz. each	1	Land O Lakes	
Entrée, Chicken Bites	serving	17	King's Delight	
Entrée, Chicken Breaded Portions, 8 piece cut up	3 oz portion	7	Mixed Portion, Tyson	

Food Item	Serving Size	Grams Carbs	Comments	*Recipe number
Entree, Chicken Cheese Quesadilla	each	25	cafeteria made m/h, not purchased 8" tortilla, 2 oz. meat	
Entrée, Chicken Mandarin Orange	4 oz serving	8	Ling's	
Entree, Chicken Nuggets	5 nuggets	10		
Entrée, Chicken Oven Roasted, 8 piece cut up	3 oz portion	0	Mixed Portion, Tyson	
Entree, Chicken Parmesan (pasta listed separate)	serving	21	one breaded chicken patty, 2 T. sauce, .5 oz cheese	
Entrée, Chicken Patty	each	8		
Entrée, Chicken Popcorn	serving (18 pieces)	19	King's Delight	
Entree, Chicken Pot Pie	serving	25		451
Entree, Chicken Tenders	4.5 oz. wt.	12		
Entrée, Chicken Teriyaki	4 oz serving	3	Ling's	
Entree, Chili Cheese Crispito w/Chili	serving	20	one crispito (18gms) and 1/4 cup chili no beans (2gms)	
Entrée, Chili Mac	7.01 serving	25.38		
Entree, Eggroll, Veggie	each	20		
Entree, Eggroll, Veggie & Pork	each	19		
Entrée, Fish Nuggets	5 each	26.5		
Entrée, Lasagna	serving 2 3/8" x 4"	25		
Entree, Lasagna Roll-up w/Spaghetti Sauce	each	25		
Entree, Macaroni and Cheese	cup	46	Mac & Cheese 1cup serving	
Entrée, Macaroni and Cheese, RF, 6 oz.	serving	32	Land O Lakes	
Entrée, Meatloaf	serving	21	School Made	
Entrée, Mozzarella Cheese Sticks	5 sticks	32.5	Farmrich	
Entree, Nachos, Beef Nachos	each	31		
Entrée, Orange Chicken	3.92 oz	20	2m/ma	
Entrée, Pizzatas	serving 2 sticks	27	Farm Rich	
Entree, Pork/Chicken Stir Fry	serving	12		
Entrée, Salad, Large, Chef, no dressing	each	8	1 cup veggies, 1 oz. ham/turkey, 1 oz. protein	
Entrée, Salad, Large, Meat Salad, no dressing	each	9	1 cup veggies, 1/2 cup tuna/chicken salad, 1 oz. protein	
Entrée, Shrimp Poppers	20 pcs.	19	Rich's	
Entree, Sliced Baked Ham	2 oz. / 3 oz.	0.5		
Entree, Spaghetti w/Meat Sauce	1 1/2 cup	49	1 cup pasta and 1/2 cup meat sauce	
Entrée, Steak	each	14	Pierre 3710	
Entrée, Steak Nuggets	7 nuggets	16	Pierre 3711	
Entree, Taco	each	17	shell 1.5 oz. meat, .5 oz. cheese, 1/4 cup lettuce & tomato	
Entrée, Taco Pizza	each	30		
Entrée, Turkey Tetrazini	serving	31		
Entree, Turkey, Roasted	2 oz.	0	from whole turkey	524
Entree, Turkey, Roasted w/Gravy	2.5 oz. 1/3 cup	8	from turkey roast	

Food Item	Serving Size	Grams Carbs	Comments	*Recipe number
Entrée, Whole Grain Toasty Dog	each	17	Café Favorites	
Entrée, Cheese, Pepper Jack 1 oz.	1 oz. each	1	Land O Lakes	
Fruit, Apple, Fresh	medium	20		
Fruit, Apples, spiced rings, syrup	1 ring	7		
Fruit, Apples, Warm Spiced	1/2 cup	21		
Fruit, Applesauce, Canned with sugar	1/2 cup	20		
Fruit, Banana, Fresh	small	18		
Fruit, Cantaloupe, Fresh cubed	1/2 cup	7		
Fruit, Cranberry Sauce	1/4 cup	26		
Fruit, Frozen Juice Bar, peach & strawberry	each	9.5	Fruit single	620
Fruit, Fruit Cocktail, natural juice	1/2 cup	13	with cherries	
Fruit, Grapes, Fresh	1/2 cup	8		
Fruit, Juice Bar, Frozen, All Flavors	each	21	Minute Maid	
Fruit, Mix fruit, canned, natural juice	1/2 cup	15	no cherries	
Fruit, Orange Wedges, Fresh	small	12		
Fruit, Peaches, Canned Light Syrup	1/2 cup	17		
Fruit, Peaches, Canned, Natural Juice	1/2 cup	14		
Fruit, Peaches, Individual Frozen	1/2 cup	30	4.4 oz container USDA	
Fruit, Pears, Canned, Light Syrup	1/2 cup	18		
Fruit, Pears, Canned, Natural Juice	1/2 cup	16		
Fruit, Pineapple Fresh	1/2 cup	10		
Fruit, Pineapple Tidbits, pineapple juice	1/2 cup	16		
Fruit, Plums	1 med.	9		
Fruit, Raisins	1/4 cup	33		
Fruit, Strawberries	1/2 cup	6		
Fruit, Strawberry & Bananas	1/2 cup	36		
Fruit, Tangerine	1 each	9		
Fruit, Tropical Fruit Salad, canned, light syrup	1/2 cup	21		
Fruit, Watermelon, Fresh, Cubed	1/2 cup	5.5		
Grain, Bageler, Cinnamon Sugar	each	35		
Grain, Bageler, Plain	each	31		
Grain, Biscuit, Garlic Cheese	biscuit	22	2.5" biscuit, school made	
Grain, Biscuit, Plain	biscuit	31	purchased 3"	
Grain, Cereal Apple Jack's	bowl pack	16		
Grain, Cereal Choc. Puffs	bowl pack	21		
Grain, Cereal Corn Pops	bowl pack	19		
Grain, Cereal Fruit Loops	bowl pack	18		

Food Item	Serving Size	Grams Carbs	Comments	*Recipe number
Grain, Cereal Lucky Charms	bowl pack	21		462
Grain, Cheetos Baked	7/8 oz. bag	17		
Grain, Chips, Baked Doritos	3/4 oz. bag	16		504
Grain, Chips, Reduced Fat Cheetos	7/8 oz. bag	17		505
Grain, Cinnamon Roll	2 oz.	38		
Grain, Cinnamon Roll w/Icing	2 oz. roll, Tbs. icing	45	school made	
Grain, Cornbread Dressing	1/2 cup	25		
Grain, Crackers, Saltine	2 squares	4		
Grain, Doritos Nacho Baked	3/4 oz.	16		
Grain, Fried Rice	3 oz serving	25		
Grain, Grits	1/2 cup	16		
Grain, Italian Breadstick	each	24		
Grain, Muti Grain Bun	1 bun 3"	28		
Grain, Muti GrainHot Dog Bun	1 bun 6"	21		
Grain, Pasta	1/2 cup	34		
Grain, Rice	1/2 cup	28		
Grain, Rice Brown	1/2 cup	24		
Grain, Rice, Spanish	1/2 cup	28		
Grain, Super Donut	each	30		
Grain, Whole Wheat White	1 slice	14		
Grain, Yeast Roll	each	30		
Grain,Cereal Apple Cinn. Cheerios	bowl pack	22		
Juice Drink w/Calcium, Fruit Punch	8 oz. carton	23		
Juice Drink w/Calcium, Orange	8 oz. carton	32		
Pizza, Cheese Stuffed Breadstick	4 oz.	30		
Pizza, Low-Fat, Cheese, Square	slice	32		
Pizza, Low-Fat, Pepperoni, Square	slice	32		
Pizza, Low-Fat, Sausage, Square	slice	32		
Pizza, Papa John's Cheese	each	39		
Pizza, Papa John's Pepperoni	each	39		
Pizza, Stuffed Crust Pepperoni, Nardone	slice	37		
Sandwich, BBQ Rib	each	36		
Sandwich, Chicken Breaded	each	36	bun and chicken	
Sandwich, Chicken Wrap (MS/HS)	each	33	ranch dressing, lettuce, tomato	335/521
Sandwich, Chicken, Diced, BBQ	each	31	bun and 2 oz. protein, one Tbs. BBQ sauce	320
Sandwich, Chuckwagon, Beef	each	29	bun and beef chuckwagon patty	6
Sandwich, Chuckwagon, Pork	each	34	bun and pork chuckwagon patty	

Food Item	Serving Size	Grams Carbs	Comments	*Recipe number
Sandwich, Corn Dog	each	30		300
Sandwich, Corn Dog Bites	6 bites	31.5		287
Sandwich, Fish, Plain	each	37	bun and fish	346
Sandwich, Grilled Cheese Red.Fat 2.0 oz purch.	2 oz each	17	Smucker's	
Sandwich, Grilled Cheese Red.Fat 3.5 oz purch.	3.5 oz each	25	Smucker's	820
Sandwich, Ham and Cheese	each	22	Hamburger bun, 2 oz. ham, 1 oz American cheese	
Sandwich, Hamburger on bun	each	30		
Sandwich, Hamburger on bun w/Cheese	each	31		44
Sandwich, Hoagie, Ham/Cheese	each	35	Hoagie bun, 2 oz ham, 1 oz American cheese	
Sandwich, Hoagie, Turkey/Cheese	each	35	Hoagie bun, 2 oz. turkey, 1 oz. American cheese	488
Sandwich, Hot Dog, Regular, on Bun	each	24	bun 19 gms, hot dog 3 gms	631
Sandwich, Hot Dog, Regular, on Bun, w/Chili	each	26	bun 19 gms, hot dog 3 gms, 1/4 cup chili w/o beans 2 gms	
Sandwich, Hot Pocket, Ham/Cheese	each	35		503
Sandwich, Hot Pocket, Pepperoni	each	36		
Sandwich, Meatball Sub	each	43	one hoagie bun, 1/4 c spaghetti sauce, 4 meatballs	
Sandwich, PBJ 2.8 oz purchased	2.8 oz/ each	33	Smucker's	179
Sandwich, PBJ 4.8 oz purchased	4.8 oz/each	55	Smucker's	558
Sandwich, Peanut Butter & Jelly	each	43	school made	
Sandwich, Philly Cheese Steak (elem.)	each	22	one hamburger bun, 2.5 portion Steak-eze, .5 oz. cheese	
Sandwich, Philly Cheese Steak (mid/high)	each	22.5	one hoagie bun, 3.75 portion Steak-eze, 1 oz. cheese	
Sandwich, Pork, Chopped, BBQ	each	25	bun and 2 oz. protein, one Tbs. BBQ sauce	336
Sandwich, Sloppy Joe	each	32	bun and 4 oz. wt. sloppy joe filling	
Sandwich, Toasted Cheese	each	28	two slices bread, 2 slices cheese (1 oz.)	
Sandwich, Turkey Deli	each	24		
Sauce, Cheese	1/4 cup	1.8		559
Sauce, Gravy	1/4 cup	5		
Sauce, Pizza (spaghetti sauce)	1/4 cup	10		829
Sauce, Salsa	1/4 cup	6		
Soup, Brunswick Stew	1 cup	13		637
Soup, Chicken Noodle	1 cup	10		501
Soup, Chicken, Veggie, Pasta	1 cup	13.5		642
Soup, Chili w/Beans	1 cup	14	JTM	
Soup, Potato & Ham Chowder	1 cup	13		
Soup, Taco	1 cup	15.5		
Soup, Vegetable Beef	1 cup	13		
Veg, Broccoli Steamed	3/8 cup	3		

Food Item	Serving Size	Grams Carbs	Comments	*Recipe number
Veg., Ranch Style Beans	1/2 cup	21		
Veg. Corn on the Cob	each	15		
Veg. Corn, Frozen	1/2 cup	17		5051
Veg., Baked Potato	1 potato	36		469
Veg., Beans Ranch Style	3/8 cup	16		648
Veg., Beans, Baked (veg. beans)	1/2 cup	35		342
Veg., Beans, Green	1/2 cup	3		
Veg., Beans, Refried Beans	3/8 cup	16		
Veg., Broccoli w/Cheese Sauce	1/2 cup	5.5		203
Veg., Cabbage Steamed	3/8 cup	3		
Veg., Carrot & Celery Sticks w/Dip	3/8 cup	5		
Veg., Carrot Salad	3/8 cup	21		
Veg., Carrots w/Dip	3/8 cup	5		306
Veg., Carrots, Canned, Steamed	1/2 cup	4		
Veg., Carrots, Canned, Steamed	3/8 cup	6		
Veg., Carrots, Fresh (sliced or sticks)	1/2 cup	6		
Veg., Carrots, Glazed	3/8 cup	8		
Veg., Coleslaw	3/8 cup	5		
Veg., Corn, Canned	1/2 cup	15		
Veg., French Fries	1/2 cup, 2.5 oz. wt.	25		
Veg., Fresh Broccoli, Cauliflower, Red Pepper /Dip	3/8 cup	4		
Veg., Fresh Vegetable Medley	1/2 cup	4		
Veg., Garden Peas (english peas)	1/2 cup	11		
Veg., Marinated Black Bean Salad	1/2 cup	14		
Veg., Mashed Potatoes	1/2 cup	17		
Veg., Mexicali Corn	1/4 cup	9		
Veg., Okra, Breaded Baked	1/2 cup	17		
Veg., Parsley Potatoes	1/2 cup	11		
Veg., Peppers and Onions	1/2 cup	8		
Veg., Pico De Gallo	1/4 cup	4		
Veg., Pinto Beans	1/2 cup	22		
Veg., Potato Rounds	1/2 cup, 2.5 oz. wt.	19	USDA approx. 8 potato rounds	
Veg., Potato Wedges	1/2 cup, 3 oz. wt.	20	USDA	
Veg., Potato, Baked	medium	36	uncooked wt. approx. 7-9 oz.	
Veg., Potatoes Creamed	3/8 cup	17		
Veg., Quick Baked Potatoes	1/2 potato	22		
Veg., Refried Beans	1/2 cup	21		

Food Item	Serving Size	Grams Carbs	Comments	*Recipe number
Veg., Roasted Seasoned Potatoes	3/8 cup	16		
Veg., Salad Leafy Green	6 oz.	8	served in 8 oz squat cup	
Veg., Salad, Leafy Green, no dressing	3 oz.	4		
Veg., Spinach Fresh Cooked	3/8 cup	3		
Veg., Squash Cassrole	8-Mar	15		
Veg., Squash Medley w/Dip	3/8 cup	2		
Veg., Stir Fry	3/8 cup	13		
Veg., Vegetable Medley	1/2 cup	12		
Veg., Veggies w/Dip- 1 oz.	1/2 cup	4		