

**2021/22 DAILY-DELI PORTION SIZE GUIDE with CARBS ALLERGENS**

Menu Item	Allergen	Portion	Credit	Carbs
		All	All	All
<b>Bagel Bag (ES/MS/HS)</b>				
Bagel (51% Whole Wheat)	<b>Wheat</b>	1 pc (65g)	<b>2G</b>	33g
Cream Cheese	<b>Milk</b>	1 cup (1oz)	EXTRA	2g
Sun butter		2oz	<b>2M</b>	14g
String Cheese	<b>Milk</b>	1 ea. (1oz)	<b>1M</b>	0g
Sunflower Seeds		1 pkg (1.2oz)	<b>1M</b>	11g
<b>Sun butter &amp; Jelly Sandwich (ES)</b>				
Sliced Bread	<b>Wheat</b>	2 slices (80g)	<b>2G</b>	38g
Sun butter		2oz	<b>2M</b>	14g
Jelly		2 Tbsp (1oz)	EXTRA	18g
<b>Turkey &amp; Cheese Bagel (MS/HS)</b>				
Turkey		2 slices (1.8oz)	<b>1.75M</b>	0g
Cheddar Cheese	<b>Milk</b>	1 slice (.6oz)	<b>.5M</b>	0g
Bagel (51% Whole Wheat)	<b>Wheat</b>	1 pc (65g)	<b>2.25G</b>	33g
<b>Turkey &amp; Cheese Sub (MS/HS)</b>				
Turkey		2 slices (1.8oz)	<b>1.75M</b>	0g
Cheddar Cheese	<b>Milk</b>	1 slice (.6oz)	<b>.5M</b>	0g
Hoagie	<b>Wheat</b>	1 Roll ( 65g)	<b>2G</b>	29g
<b>Egg Salad Sandwich (MS/HS)</b>				
Egg Salad	<b>Egg</b>	1/2 cup (4oz)	<b>3M</b>	11g
Sliced Bread	<b>Wheat</b>	2 slices (80g)	<b>2G</b>	38g
<b>Tuna Salad Sub (MS/HS)</b>				
Tuna Salad	<b>Egg</b>	1/2 cup (4oz)	<b>3M</b>	12g
Hoagie	<b>Wheat</b>	1 Roll ( 65g)	<b>2G</b>	29g
<b>Vegetarian Caesar Salad (MS/HS)</b>				
Sunflower Seeds		1 pkg (1.2oz)	<b>1M</b>	11g
Romaine Lettuce		2 cups (3.5oz)	<b>2V</b>	2g
Parmesan Cheese	<b>Milk</b>	1/2 cup (2oz)	<b>2M</b>	0g
Caesar Dressing (pre-portioned)	<b>Milk, Egg</b>	1/4 cup (1.5oz)	EXTRA	2g
Croutons	<b>Wheat</b>	1/2 cup (1oz)	EXTRA	14g
<b>Chicken Caesar Salad (MS/HS)</b>				
Diced Chicken		1/2 cup (2oz)	<b>2M</b>	0g
Romaine Lettuce		2 cups (3.5oz)	<b>2V</b>	2g
Parmesan Cheese	<b>Milk</b>	2 Tb	<b>.5M</b>	0g
Caesar Dressing (individual Cup)	<b>Milk, Egg</b>	1/4 cup (1.5oz)	EXTRA	2g
Croutons	<b>Wheat</b>	1/2 cup (1oz)	EXTRA	14g
Roll, IW	<b>Wheat</b>	1 ea. (2oz)	<b>2G</b>	26g
<b>Chicken Bacon Ranch Wrap (MS/HS)</b>				
Tortilla, 10" Whole Grain	<b>Wheat</b>	1ea (2.4oz)	<b>2G</b>	33g
Diced Chicken		1/2 cup (2oz)	<b>2M</b>	0g
Romaine Lettuce		2 cups (3.5oz)	<b>2V</b>	2g
Bacon Bits		2 Tb (1/2 oz)	EXTRA	2g
Ranch Dressing	<b>Milk, Egg</b>	1/4 cup (2oz)	EXTRA	2g
<b>Chicken Caesar Wrap (MS/HS)</b>				
Tortilla, 10" Whole Grain	<b>Wheat</b>	1ea (2.4oz)	<b>2G</b>	33g
Diced Chicken		1/2 cup	<b>2M</b>	0g
Romaine Lettuce		2 cups (3.5oz)	<b>2V</b>	2g
Parmesan Cheese	<b>Milk</b>	2 Tb	<b>.5M</b>	0g
Caesar Dressing	<b>Milk, Egg</b>	1/4 cup (2oz)	EXTRA	2g
Roll, IW	<b>Wheat</b>	1 ea. (2oz)	<b>2G</b>	26g