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

Menu Item	Allergen	Portion	Credit	Carbs
		All	All	All
Bagel Bag (ES/MS/HS)				
Bagel (51% Whole Wheat)	Wheat	1 pc (65g)	2G	33g
Cream Cheese	Milk	1 cup (1oz)	EXTRA	2g
Sun butter	2 4111	2oz	2M	14g
String Cheese	Milk	1 ea. (1oz)	1M	0g
Sunflower Seeds		1 pkg (1.2oz)	1M	11g
Sun butter & Jelly Sandwich (ES)				
Sliced Bread	Wheat	2 slices (90s)	20	20~
	wneat	2 slices (80g)	2G	38g
Sun butter  Jelly		20z	2M	14g
Jelly		2 Tbsp (1oz)	EXTRA	18g
Turkey & Cheese Bagel (MS/HS)				
· · · · · ·	1	2 slices (1.8oz	1 751/1	Οσ
Turkey Cheddar Cheese	Milk	, ,	.5M	0g
Bagel (51% Whole Wheat)	Wheat	1 slice (.6oz)	2.25G	0g
Bager (51% Whole Wheat)	vvneat	1 pc (65g)	2.25G	33g
Turkov & Chaosa Sub (MS/US)				
Turkey & Cheese Sub (MS/HS)  Turkey		2 clicos /1 9oz	1 7514	0~
Cheddar Cheese	Milk	2 slices (1.8oz		0g
		1 slice (.6oz)	.5M	0g
Hoagie Egg Salad Sandwich (MS/HS)	Wheat	1 Roll ( 65g)	2G	29g
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Egg Salad	Egg	1/2 cup (4oz)	3M	11g
Sliced Bread	Wheat	2 slices (80g)	2G	38g
Tuna Salad Sub (MS/HS)	_	1/2 //		
Tuna Salad	Egg	1/2 cup (4oz)	3M	12g
Hoagie	Wheat	1 Roll ( 65g)	2G	29g
Vegetarian Caesar Salad				
(MS/HS)				
Sunflower Seeds		1 pkg (1.2oz)	1M	11g
Romaine Lettuce		2 cups (3.5oz)	2V	2g
Parmesan Cheese	Milk	1/2 cup (2oz)	2M	0g
Caesar Dressing (pre-				_
portioned)	Milk, Egg	1/4 cup (1.5oz		2g
Croutons	Wheat	1/2 cup (1oz)	EXTRA	14g
Chicken Caesar Salad (MS/HS)		. /- /- /		
Diced Chicken		1/2 cup (2oz)	2M	0g
Romaine Lettuce		2 cups (3.5oz)		2g
Parmesan Cheese	Milk	2 Tb	.5M	0g
Caesar Dressing (individual				
Cup)	Milk, Egg	1/4 cup (1.5oz		2g
Croutons	Wheat	1/2 cup (1oz)	EXTRA	14g
Roll, IW	Wheat	1 ea. (2oz)	2G	26g
Chicken Bacon Ranch Wrap				
(MS/HS)	100		2.5	22
Tortilla, 10" Whole Grain	Wheat	1ea (2.4oz)	2G	33g
Diced Chicken		1/2 cup (2oz)	2M	0g
Romaine Lettuce		2 cups (3.5oz)	2V	2g
Bacon Bits		2 Tb (1/2 oz)	EXTRA	2g
D 1 D :	Milk, Egg	1/4 cup (2oz)	EXTRA	2g
Ranch Dressing		l l		
Chicken Caesar Wrap (MS/HS)				
Chicken Caesar Wrap (MS/HS) Tortilla, 10" Whole Grain	Wheat	1ea (2.4oz)	2G	33g
Chicken Caesar Wrap (MS/HS) Tortilla, 10" Whole Grain Diced Chicken		1/2 cup	2M	0g
Chicken Caesar Wrap (MS/HS) Tortilla, 10" Whole Grain Diced Chicken Romaine Lettuce	Wheat	1/2 cup 2 cups (3.5oz)	2M 2V	0g 2g
Chicken Caesar Wrap (MS/HS) Tortilla, 10" Whole Grain Diced Chicken Romaine Lettuce Parmesan Cheese	Wheat	1/2 cup 2 cups (3.5oz) 2 Tb	2M 2V .5M	Og 2g Og
Chicken Caesar Wrap (MS/HS) Tortilla, 10" Whole Grain Diced Chicken Romaine Lettuce	Wheat	1/2 cup 2 cups (3.5oz)	2M 2V	0g 2g