

# Carbohydrate Count for

## 'Ulu (Breadfruit) Beef Stew



Values of menu items are listed in grams (g) of carbohydrates rounded to the nearest whole number.

\*WG = Whole Grain-rich

Menu Item	Serving Size	Grade Groups		
		Pre-K	K-8	9-12
Beef and Breadfruit Stew	Pre-8: 8 oz. 9-12: 10 oz.	26	26	32
Steamed Rice	Pre-K: ¼ cup K-12: ½ cup	12	23	23
Salad	9-12 Svg. Size	9-12 ONLY		5
Salad Dressing	1 tsp.			0-1
<u>Fruit</u> : Manager's Choice (See Carbohydrate Counts of Statewide Menus)				
<i>Note: Grades Pre-K to 8 receive ½ c of fruit while grades 9-12 will receive 2 - 1/2 c fruit options.</i>				
*WG Roll	1 oz.	9-12 ONLY		15
<p>All meals include a half-pint of:            1% Unflavored White Milk (13) or Skim Unflavored White Milk (13) or            Chocolate Skim Milk (20) or <u>**Soy Milk (12)</u></p> <p><i>**Note: Soy milk applies to schools who are piloting this item. It is not offered statewide at this time.</i></p>				
<p>Nutrient values are estimates only. Variations may occur due to product availability and food preparation. Nutrient levels may vary based on methods of preparation, origin, and freshness of ingredients, etc. While we do our best to ensure accuracy, we make no representation or warranty regarding the information contained in this document. Although we are providing nutritional information for our menus, the information in this document is for informational purposes only. No information, services or materials offered shall be construed as or understood to be medical advice or care.</p>				