

Carbohydrates (grams) for Lunch Menus

2016 - 17 School Year

Entrée		Vegetables		Fruits		Grains	
A la King (w/o biscuit)	8	Baked Beans	30	Apple Slices (3)	8	Banana Bread Square	26
BBQ Chicken Breast on Bun	25	Baked Potato (140 ct size)	24	Apple Slices (6)	15	Brown Rice	22
BBQ Chicken Sandwich	35	Bean & Corn Salad	24	Applesauce Cup	23	Cornbread	18
BBQ Pork on Bun	36	Broccoli	5	Apricot Cup (2 halves)	17	Dressing	20
Beef & Bean Burrito	39	Broccoli Salad	29	Banana (Half)	15	Fortune Cookie	16
Beef Stew	17	California Blend Veg	5	Banana (whole)	30	Fruit Crisp	32
Burrito	48	Carrots	7	Banana (Petite whole)	15	GF Bread (1 slice)	19
Chicken Breast (boneless)	0	Coleslaw (w/ apples & cranberries)	7	Fresh Grapes	15	GF Hamb. Bun	46
Chicken Broccoli Bowl	57	Corn	21	Fresh Orange (3 wedges)	8	GF Hotdog Bun	30
Chicken Fajita (w/tortilla & veggies)	22	Cowboy Corn Salad	17	Fresh Orange (6 wedges)	15	GF Pasta	20
Chicken Nuggets	15	Fresh Cucumbers & Tomato Dip	9	Fruit Cocktail	14	Hamburger Bun	21
Chicken Parmesan (w/o pasta)	21	Green Beans	5	Fruit Cup*	15	Hoagie Bun	30
Chicken Patty	15	Peas	12	Mandarin Oranges	16	Pancake (1)	13
Chili (4 oz)	11	Hash Browns (1)	12	Peaches	15	Pancakes (2)	26
Chili (6 oz)	16	Honey Cinnamon Sweet Potatoes	30	Peaches with Gelatin	25	Pasta	20
Chili Frito Pie	22	Hummus	11	Pears	15	Pita Bread	18
Corn Dog	30	Mashed Potatoes	28	Pears in Gelatin	24	Rice Crispy Bar	23
Egg Salad (1/3 cup)	4	Mexicali Corn	8	Raisins (1.33 oz box)	29	Spanish Rice	24
GF Burrito	40	Potato Salad	23	Strawberries & Bananas	22	Tortilla Chips	19
GF Chicken Nuggets	9	Potato Wedges	17	Strawberry Cup	36	Vanilla Pudding Cup (instant pdg)	15
GF Chicken Parmesan (w/o pasta)	4	Refried Beans	18			WG Biscuit	22
GF Chicken Patty	10	Spinach Strawberry Salad	17			WG Bread Bowl	28
Ham & Cheese Sandwich	32	Sweet Potato Fries	19			WG Bread Stick	15
Hamburger Patty	2	Sweet Potato Puffs	23			WG Brownie	26
Hatton Chicken Crunch	29	Tator Tots	21			WG Cinnamon Graham Crackers (2 pc)	19
Hot Dog on Bun	26	Tomato Soup (4 oz)	16			WG Cinnamon Roll	20
Hot Ham & Cheese	22	Tossed Side Salad (Mixed Greens)	2	<b>Milk</b>		WG Cookie	25
Macaroni & Cheese (4 oz)	24	Veggie Sticks (baby carrots)	7	Skim Milk	12	WG Dinner Roll	28
Macaroni & Cheese (6 oz)	36	Veggies & Dip	9	1% Milk	12	WG Honey Graham Crackers (3 ct)	16
Meatball Sub w/ Marinara (whole)	46	Veggies & Hummus	15	Chocolate Milk	25		
Meatloaf	13			Strawberry Milk	23		
Orange Chicken	9			Almond Milk	2		
Oven Roasted Chicken	0						
Pizza - Cheese	34						
Pizza - Pepperoni	33						
Pork Patty on Bun	38					<b>Misc.</b>	
Pork Rib Patty on Bun (w/ BBQ Sauce)	45					BBQ Sauce Cup	16
Potato & Ham Soup	19					Cheese Sauce (2 oz)	1
Quesadilla (3 wedges)	30					Gravy	2
Rotini & Meat Sauce w/ Parm Cheese	35					Honey Mustard Sauce Cup	13
Sausage Patties (2)	2					Ketchup (1 TBSP)	5
Sausage Patty (1)	1					Mustard	0
Shredded Pork (w/out bun)	15					Pancake Syrup (1 oz)	23
Spaghetti with Meat Sauce	35					Pancake Syrup (sugar-free)	0
Special Quesadilla (GF)*	30					Ranch Dressing Cup	3
Taco (soft shell)	22					RC Mayo	2
Taco Salad	18					Salsa Cup	5
Teriyaki Chicken	14					Sour Cream (1 oz)	1
Toasted Cheese Sandwich	32						
Tuna Salad (1/2 cup)	9						
Turkey & Gravy	6						
Turkey & Ham Deli Sub	32						
Turkey Burger (w/ bun)	25						
Turkey Tetrazzini	25						