

Carbohydrates (grams) for Lunch Menus - 2015-16 School Year

Entrée	Carbs	Vegetables	Carbs	Fruits	Carbs	Grains	Carbs
BBQ Chicken Sandwich	35	Baked Beans	30	Apple Slices (3)	8	Brown Rice	22
BBQ Pork on Bun	35	Baked Potato	26	Apple Slices (6)	15	Dressing	20
Beef Stew (no biscuit)	16	Bean & Corn Salad	24	Applesauce Cup	23	Fortune Cookie	16
Cheese & Bean Burrito	48	Broccoli	5	Apricot Cup (2 halves)	17	Fruit Crisp	32
Chicken Alfredo with a Twist	37	Broccoli Salad	29	Banana (Half)	15	Hamburger Bun	21
Chicken Broccoli Bowl	57	California Blend Veg	5	Banana (whole)	30	Hoagie Bun	30
Chicken Fajita (with Veggies & Tortilla)	22	Carrots	7	Fresh Grapes	15	Pancake (1)	13
Chicken Nuggets	15	Corn	21	Fresh Orange (3 wedges)	8	Pancakes (2)	26
Chicken Patty	15	Cowboy Corn Salad	17	Fresh Orange (6 wedges)	15	Tortilla Chips	19
Chili (4 oz)	11	Dragon Punch	13	Fruit Cup	15	Cinnamon Roll	20
Chili (6 oz)	16	Fresh Cucumbers & Tomato Dip	9	Mandarin Oranges	16	Cookie	25
Citrus Chicken	24	Green Beans	5	Peaches	15	Dinner Roll	28
Diced Turkey Ham (2 oz)	3	Green Beans	5	Peaches with Gelatin	25	Cilantro-Lime Rice	22
Fish Taco (with Tortilla & Coleslaw)	23	Green Peas	12	Pears	15	Biscuit	22
Hamburger Patty	2	Hash Browns	12	Pears in Gelatin	24	Graham Cracker	18
Hatton Chicken Crunch	29	Hummus	11	Strawberry Cup	36	Spanish Rice	21
Macaroni & Cheese (4 oz)	24	Mashed Potatoes	28			Bread Slice	13
Macaroni & Cheese (6 oz)	36	Mexicali Corn	8			Saltine Crackers (2 crackers/pkg)	10
Meatball Sub w/ Marinara (whole)	46	Potato Salad	23	Milk	Carbs	Spanish Rice	21
Orange Chicken	9	Potato Wedges	17	Skim Milk	12		
Pizza - Cheese	34	Refried Beans	18	1% Milk	12		
Pizza - Pepperoni	33	Spinach Strawberry Salad	17	Chocolate Milk	25	Gluten - Free	Carbs
Potato & Ham Soup	19	Sweet Potato Fries	19	Strawberry Milk	23	GF Toasted Cheese Sandwich (whole)	44
Quesadilla (3 wedges)	30	Sweet Potato Puffs	23	Almond Milk	2	GF Orange Ginger Chicken	14
Rotini & Meat Sauce w/ Parm Cheese	35	Tator Tots	21			GF Pizza (2 slices)	37
Sausage Patties (2)	2	Tomato Soup (1/2 cup)	16			GF Chicken Parmesan	4
Sausage Patty (1)	1	Tossed Side Salad (Mixed Greens)	2	Misc.	Carbs	GF Cheese & Bean Burrito	40
Spaghetti with Meat Sauce	35	Veggie Sticks (baby carrots)	7	BBQ Sauce Cup	16	GF Chicken Fajita	18
Special Quesadilla (GF)*	30	Veggies & Dip	9	Honey Mustard Sauce Cup	13	GF Chicken Nuggets	9
Taco Salad	18	Veggies & Hummus	15	Ketchup (1 TBSP)	5	GF Chicken Patty	10
Teriyaki Chicken	14			Mustard	0		
Toasted Cheese Sandwich (whole)	32			Ranch Dressing Cup	3	GF Bread (1 slice)	12
Turkey & Gravy	6			RC Mayo	2	GF Cookie	
Turkey & Ham Deli Sub (half)	19			Salsa Cup	5	GF Hamb. Bun	46
Turkey & Ham Deli Sub (whole)	32			Cheese Sauce (2 oz)	9	GF Hotdog Bun	30
Turkey a la King	15					GF Pasta	20
Turkey Burger on Bun	24						
Walking Taco (w/o chips)	9						

UPDATED 10/26/2016