

Lunch Carbohydrate Count – MIDDLE & HIGH SCHOOLS

For more information, please contact Food and Nutrition Services at 686-7735 ext. 78090.

Entree	Calories	Carbohydrates (grams)	Fiber (grams)
BEEF			
Beef Burrito Bowl	630	78	10
Beef Macho Nachos	645	61	3
Cheeseburger w/ Waffle Fries	462	53	7
Cheeseburger w/out Waffle Fries	351	30	3
Mini Cheeseburger 2/package	440	42	4
CHICKEN / TURKEY			
Chicken Burrito Bowl	557	66	6
Chicken Caesar Salad	539	31	4
Chicken Macho Nachos	635	61	3
Chicken Sandwich, Spicy	386	47	5
Chicken Sandwich, Spicy w/ Waffle Fries	556	67	6
Chicken Wrap, Spicy	497	43	3
General Tso's Chicken w/ Rice	514	104	4
Honey Fire Chicken w/ Rice	488	93	3
Southwest Chicken Salad	621	64	13
Teriyaki Chicken w/ Rice	398	65	4
Turkey Bacon Wrap	392	33	2
FISH			
Tuna Sandwich	397	46	5
PIZZA			
Cheese Pizza	352	32	4
Pepperoni Pizza	382	33	4
Veggie	362	33	4
NON-MEAT			
Bean & Cheese Burrito	323	42	8
Nachos w/ Cheese Sauce	580	53	0
Non-Meat, Burrito Bowl	540	70	7
PBJ Uncrustable Grape Sandwich – 5.3oz	600	64	7
PBJ Uncrustable Strawberry Jam Sandwich – 2.6oz	300	33	4
Peanut Butter Uncrustable Bento Box	538	60	7
Red, White & Blue Parfait	519	93	6
Vegetarian Salad	407	53	9
VEGETABLES			
Baby Carrots	19	4	1
Baked Potato w/ Marg	218	36	4
Beans Baked	208	40	11
Broccoli Florets	15	3	1
Corn (1/2 cup)	67	16	1
Corn Cobbett (2)	206	31	4

Cucumber Slices	9	2	1
Fresh Salad w/ Ranch	106	10	2
Jicama Sticks	23	6	3
Refried Beans w/ Cheese	183	22	7
Waffle Cut Fries	170	20	1
FRUIT			
Apple, Whole	36	9	2
Apples Slices	35	9	2
Applesauce	51	14	1
Apricots, Canned	80	21	2
Banana	90	23	3
Grapes, Fresh	31	8	1
Kiwi, Fresh	46	11	2
Mandarin Oranges, canned	80	18	1
Mandarin Oranges, fresh	52	13	2
Mixed Fruit	69	18	2
Nectarine	60	14	2
Orange Wedges	45	11	2
Peach, Fresh	59	14	2
Peaches, Canned	87	21	1
Pear, Fresh	86	23	5
Pears, Canned	72	19	2
Plum	30	8	1
Pineapple, Canned	70	17	2
Tropical Fruit	79	20	1
JUICE			
100% Fruit Juice- All Flavors	90	21	0
Fruit Juice Slushy	90	21	0
Switch- All Flavors	140	35	0
RIPS Slushie	60	15	0
MILK- ½ PINTS			
Milk, Nonfat	90	13	0
Chocolate Milk, Nonfat	120	19	0
Milk, 1% Low fat	130	16	0
Strawberry Milk, Nonfat	120	19	0
SAUCES			
Ketchup	10	3	0
Mustard	0	0	0
Ranch Dressing, Lite (round cup)	40	2	0
Buttermilk Dressing (packet)	27	1	0
BBQ	40	10	0
Taco	5	1	0
Sweet & Sour	15	4	0
Salsa	0	0	0
Mayonnaise	60	0	0
Honey	25	7	0

Soy Sauce	5	0	0
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