

## Lunch Carbohydrate Count – MIDDLE & HIGH SCHOOLS

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

<b>Entrée</b>	<b>Calories</b>	<b>Carbohydrates (grams)</b>	<b>Fiber (grams)</b>
<b>BEEF</b>			
Beef Burrito Bowl	677	77	7
Beef Stew w/ Cornbread	432	49	5
Beef Stew w/out Cornbread	202	18	2
Beef Tacos	501	50	7
Beef Sandwich w/ Cheese	408	46	5
Cheeseburger w/ Potato Wedges	472	59	7
Cheeseburger w/out Potato Wedges	306	34	4
Chili Cheese Nachos	611	66	4
Enchirito	458	36	3
Macho Nachos-Beef/Chic	671	66	4
Mini Cheeseburger 2/package	440	42	4
Southwest Salad	466	53	4
Tacos, Beef/Chic Fiesta	352	39	3
Tacos, Beef Barbacoa	664	77	8
<b>CHICKEN / TURKEY</b>			
Asian Chicken Salad	558	45	5
Chef Salad w/ Turkey Ham, Turkey & Cheese	388	36	4
Buffalo Chicken Bites w/ Cornbread	750	58	3
Buffalo Chicken Bites w/out Cornbread	520	20	0
Chicken Burrito Bowl, Chicken	607	72	7
Chicken Drumstick w/ Biscuit	402	32	3
Chicken Drumstick w/out Biscuit	190	5	1
Chicken Patty on a Bun	230	14	1
Chicken Patty on a Bun w/ Wedges	658	84	5
Chicken Sandwich, Crispy w/ Wedges	511	65	7
Chicken Sandwich, Spicy w/out Wedges	356	45	5
Chicken Wrap, Chipotle	395	45	2
Chicken Wrap, Ranch	396	35	2
Chicken Wrap, Spicy	479	43	3
Chicken Tacos	487	43	4
Chicken Tenders, Crispy or Spicy w/ Biscuit	433	39	6
Chicken Tenders, Crispy or Spicy w/out Biscuit	263	16	3
Chicken Teriyaki w/ Rice	303	44	2
Grilled Chicken Sandwich w/ BBQ Sauce	309	47	4
Grilled Chicken Sandwich w/ Teriyaki Sauce w/ Wedges	421	63	6
Grilled Chicken Sandwich w/ Teriyaki Sauce w/out Wedges	296	44	4
Grilled Chicken Sandwich w/ Bacon and Swiss Cheese	352	32	4
Hoagie Sandwich (Turkey, Pastrami & Cheese)	441	46	5
Hoagie Sandwich (Turkey Ham w/ Cheese)	408	46	5
Honey Fire Chicken w/ Rice	452	86	4
Spicy Chicken w/ Potato Wedges	766	120	7

Spicy Chicken Salad	481	41	5
Hot Turkey Pastrami w/ Cheese on Pretzel Bread	505	60	5
Turkey Pastrami w/ Cheese on Wheat Bread	348	30	4
Turkey Ham Sandwich w/ Cheese	266	28	4
Turkey Sandwich w/ Cheese	270	28	4
<b>FISH</b>			
Fish Sandwich w/out Wedges	391	48	5
Fish Sandwich w/ Wedges	558	73	8
Tuna Bento Box	297	45	8
Tuna Sandwich	282	29	4
<b>PIZZA</b>			
Buffalo Chicken Pizza	390	35	3
Cheese Pizza	360	34	2
Hawaiian Pizza	400	39	2
Pepperoni Pizza	402	36	3
Pepperoni & Olive	370	34	2
Pizza Pocket	440	48	3
The Works	372	35	3
<b>NON-MEAT</b>			
California Veggie Wrap	458	38	3
Cheese Enchilada	370	33	3
Cheesy Breadsticks	420	45	3
HumFresh Burrito	347	56	15
Hummus Bento Box	317	38	8
Nachos w/ Cheese Sauce	610	55	0
Non-Meat, Burrito Bowl	603	72	7
Non-Meat, Tacos	555	55	7
Non-Meat, Veggie Burger			
PB Uncrustable Sandwich	548	56	6
PBJ Bento Box	817	82	10
Tamale Plate	544	64	7
Vegetarian Salad	479	41	4
Veggie Burger w/ Potato Wedges	355	57	11
Veggie Burger w/out Potato Wedges	220	36	8
Veggie Hoagie Sandwich	415	32	3
<b>VEGETABLES</b>			
Baby Carrots	23	5	2
Baked Potato w/ Margarine	218	36	4
Beans Baked	208	40	11
Broccoli Florets	41	3	1
Corn Cobbett (2)	206	31	4
Cucumber Slices	38	3	0
Fresh Salad	33	7	1
Jicama Sticks	56	7	3
Potato Wedges	99	12	1

Vegetable Choice w/ Ranch	87	5	1
Zucchini and Celery Sticks	12	2	1
<b>FRUIT</b>			
Apple, Whole	38	9	2
Apples Slices	35	9	2
Applesauce	69	18	1
Apricots, Canned	69	18	1
Banana	90	23	3
Grapes, Fresh	55	14	0
Kiwi, Fresh	52	12	3
Mandarin Oranges	69	18	1
Mixed Fruit	69	18	2
Nectarine	60	14	2
Orange Wedges	45	11	2
Peach, Fresh	34	8	1
Peaches, Canned	69	18	1
Pear, Fresh	84	23	5
Pears, Canned	69	18	1
Plum	30	8	1
Pineapple, Canned	69	18	1
Tropical Fruit Salad	69	18	1
<b>OTHER</b>			
Biscuit	170	23	3
Cornbread	230	38	3
<b>JUICE</b>			
Apple & Eve 100% Fruit Juice- All Flavors	100	20	0
Fruit Juice Slushy	90	21	0
Switch- All Flavors	71	18	1
V-Fusion Strawberry Banana	111	28	0
<b>MILK- ½ PINTS</b>			
Milk, Nonfat	90	13	0
Chocolate Milk, Nonfat	120	22	0
Milk, 1% Low fat	130	16	0
Strawberry Milk, Nonfat	120	22	0
<b>SAUCES</b>			
Ketchup	10	3	0
Mustard			
Ranch Dressing, Lite (round cup)	63	2	0
Buttermilk Dressing (packet)	27	1	0
BBQ	40	10	0
Taco			
Sweet & Sour	50	10	0

Salsa	5	1	0
Mayonnaise	60	0	0
Honey	25	7	0
Soy Sauce	3	0	0

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