

## PRESCHOOL/ELEMENTARY SCHOOL LUNCH

### Carbohydrate Information for Additional Food Items

Food Item	Serving Size	Grams of Carbohydrate
Asian Rice Dishes		
Orange Popcorn Chicken (no rice)	1 serving	21 g
Teriyaki Chicken (no rice)	1 serving	6 g
Teriyaki Dippers	4 pcs	11.7 g
Vegetable Fried Rice	½ cup	27 g
White Rice	½ cup	37.4 g
BBQ Chicken Drumstick with Cornbread		
BBQ Chicken Drumstick	1 serving	11 g
Cornbread	1 each	22 g
Beef Soft Taco		
Taco Meat	1 serving	7 g
6" Flour Tortilla	1 each	15 g
Breaded Chicken Filet Sandwich w/ Bun		
Breaded Chicken Filet	1 each	19 g
Hawaiian Hamburger Bun	1 each	29 g
Chicken Parmesan Bites with Penne Pasta & Marinara Sauce		
Chicken Parmesan Bites	1 serving/4 pcs	15 g
Penne Pasta with Marinara Sauce	1 serving/#8 scoop	35.4 g
Hamburger w/ Bun		
Hamburger Patty	1 each	0.5 g
Hawaiian Hamburger Bun	1 each	29 g
Marinara Meatballs w/ Garlic Knot Roll		
Marinara Meatballs	5 pieces	6.5 g
Garlic Knot Roll	1 each	25.9 g

Nacho Cheese Cup & Chips Meal		
Nacho Cheese Cup	1 each	14 g
Tortilla Chips	1 package	23 g
Sunflower Seeds	1 package	8 g
Breaded Chicken Drumstick or Sausage Patties w/ Pancakes, Belgian Waffle, or French Toast		
Breaded Chicken Drumstick	1 pc	5 g
Sausage Patties	2 pcs	1.2 g
French Toast	1 pc	27 g
Pancakes	2 pcs	28 g
Belgian Waffle	1 pc	32 g
Seasoned Chicken with Buttered Noodles & Garlic Knot Roll		
Seasoned Chicken with Buttered Noodles	1 serving/1 cup	31.8g
Garlic Knot Roll	1 each	26g
Spaghetti w/ Cheesy Breadstick		
Spaghetti w/ Meat Sauce	1 serving/0.5 cup	17.2 g
Cheesy Breadstick	1 each	17 g
Turkey Deli Sandwich with Green Leaf Lettuce		
Homemade Turkey Deli Triangle Sandwich w/ Green Leaf Lettuce	1 serving	29.7 g
Walking Beef Taco with Doritos Nacho Cheese Chips		
Taco Meat	1 serving/#12 scoop	2 g
Doritos Nacho Cheese Walking Taco Chips	1 package	27 g
Shredded Cheddar Cheese	1 Tbsp	0.3 g
Yami Yogurt w/ Granola & String Cheese		
Yami Yogurt	1 serving/4 oz container	16 g

Strawberry Granola	1 package	41 g
Chocolate Granola	1 package	43 g
String Cheese	1 each	0g
<b>BBQ Items</b>		
<b>BBQ Hamburger Patty w/ Knot Bun</b>		
Hamburger Patty (3 oz)	1 each	0.6 g
Hamburger Knot Bun	1 each	31 g
<b>BBQ Hotdog w/ Hotdog Bun</b>		
Beef Hotdog	1 each	2 g
Hotdog Bun	1 each	27 g
<b>Taco Party</b>		
<b>Crunchy Beef Taco</b>		
Taco Meat	1 serving/#12 scoop	2g
Corn Taco Shell	1 each	14 g
Mini Churro with Cinnamon Sugar	1 each	26.8 g
<b>Pancake Breakfast</b>		
Pork Sausage Links	1 serving/2 links	0 g
Fresh off the Grill Pancakes	1 pancake	22.5 g
Whipped Cream	1 Tbsp	0.4 g
<b>Grain-Based Desserts</b>		
Chocolate Chip Cookie	1 each	27 g
Mini Churro with Cinnamon Sugar	1 each	26.8 g
<b>Fruit</b>		
<b><i>Canned Fruit</i></b>		
Applesauce	½ cup	14g
Diced Peaches	½ cup	14g
Diced Pears	½ cup	16g
Mixed Fruit/Fruit Salad	½ cup	15g
Sliced Peaches	½ cup	14g
<b><i>Fresh Fruit</i></b>		
Apples	1 each	13.9g
Apple Slices	1 package	7g
Bananas	1 each	23g

Blueberries	½ cup	10.7g
Grapes	½ cup	7.9g
Nectarines	1 each	13.6g
Oranges	1 each	13.1g
Peaches	1 each	14.3g
Pears	1 each	22.5g
Plums	1 each	7.5g
Strawberries	½ cup	5.5g
<b><i>Fruit Cups</i></b>		
Applesauce Cup	1 each	13.9g
Apricot Cup	1 each	25g
Mixed Berry Cup	1 each	20g
Peach Cup	1 each	19g
Strawberry Cup	1 each	22g
Jello Cup	1 each	19g
Mandarin Oranges Fruit Barrel Cup	1 each	17g
Pineapple Fruit Barrel Cup	1 each	18g