

## HIGH SCHOOL LUNCH

### Carbohydrate Information for Additional Food Items

| Food Item                               | Serving Size | Grams of Carbohydrate |
|-----------------------------------------|--------------|-----------------------|
| Asian Rice Bowls                        |              |                       |
| Mongolian Beef                          | 1 serving    | 13g                   |
| Mandarin Orange Chicken (no rice)       | 1 serving    | 20 g                  |
| Kung Pao Chicken (no rice)              | 1 serving    | 12 g                  |
| Teriyaki Chicken (no rice)              | 1 serving    | 6 g                   |
| Vegetable Fried Rice (Asian Rice Bowls) | 1 cup        | 54 g                  |
| White Rice (Asian Rice Bowls)           | 1 cup        | 74.8 g                |
| Chicken Box                             |              |                       |
| Breaded Chicken                         | 1 serving    | 11 g                  |
| Seasoned Potato Wedges                  | ½ cup        | 19 g                  |
| Hawaiian Dinner Roll                    | 2 oz         | 27 g                  |
|                                         |              |                       |
| Cheeseburger Box                        |              |                       |
| Cheeseburger w/ Hawaiian Bun            | 1 serving    | 31 g                  |
| Seasoned Potato Wedges                  | ½ cup        | 19 g                  |
|                                         |              |                       |
| Hamburger Box                           |              |                       |
| Hamburger w/ Hawaiian Bun               | 1 serving    | 30 g                  |
| Spicy Potato Wedges                     | ½ cup        | 19 g                  |
|                                         |              |                       |
| Hotdog w/ Bun & Spicy Potato Wedges     |              |                       |
| Beef Hotdog                             | 1 each       | 4 g                   |
| White Hotdog Bun                        | 1 each       | 27 g                  |
| Seasoned Potato Wedges                  | ½ cup        | 19 g                  |
|                                         |              |                       |
| Spicy Chicken Patty Sandwich Box        |              |                       |
| Spicy Chicken Sandwich w/ Hawaiian Bun  | 1 serving    | 44 g                  |
| Seasoned Potato Wedges                  | ½ cup        | 19 g                  |

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|                                                                       |           |                |
| Chef Salad w/ Dinner Roll                                             |           |                |
| Chef Salad                                                            | 1 serving | 8.5 g          |
| Hawaiian Dinner Roll                                                  | 2 oz      | 27 g           |
| Croutons                                                              | 1 package | 7 g            |
|                                                                       |           |                |
| Chinese Chicken Salad w/ Dinner Roll                                  |           |                |
| Chinese Chicken Salad w/ Wonton Strips                                | 1 serving | 49 g           |
| Hawaiian Dinner Roll                                                  | 2 oz      | 27 g           |
|                                                                       |           |                |
| Yogurt Parfait w/ Granola                                             |           |                |
| Yogurt Parfait                                                        | 1 serving | 47.8 g         |
| Granola                                                               | 2 oz      | 65.1 g         |
|                                                                       |           |                |
| Spaghetti Meal w/ Cheesy Breadstick & Salad                           |           |                |
| Spaghetti w/ Meat Sauce                                               | 1 cup     | 22.6 g         |
| Cheesy Breadstick                                                     | 1 each    | 17 g           |
|                                                                       |           |                |
| General Tso Chicken w/ Vegetable Fried Rice and Chocolate Chip Cookie |           |                |
| General Tso Chicken                                                   | 1 serving | 23 g           |
| Vegetable Fried Rice                                                  | ½ cup     | 27 g           |
| Chocolate Chip Cookie                                                 | 1 each    | 27 g           |
| Mixed Vegetables                                                      | ½ cup     | 8.25 g         |
|                                                                       |           |                |
| Bacon Western Cheeseburger w/ Baked Chips                             |           |                |
| Bacon Western Cheeseburger w/ Hawaiian Bun                            | 1 serving | 42.3 g         |
| Baked Chips                                                           | 1 package | ~23 g (varies) |
| BBQ Sauce                                                             | 1 oz      | 17.5g          |
|                                                                       |           |                |
|                                                                       |           |                |

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| Carnitas w/ Refried Beans and Seasoned Rice + Tortilla Chips                 |           |                |
| Pork Carnitas                                                                | 1 serving | 3.5 g          |
| Refried Beans                                                                | 1 serving | 28 g           |
| Seasoned Rice                                                                | 1 serving | 17.5 g         |
| Tortilla Chips                                                               | 1 package | 31 g           |
|                                                                              |           |                |
| Herb Roasted Chicken w/ Mashed Potatoes, Glazed Baby Carrots and Dinner Roll |           |                |
| Herb Roasted Chicken                                                         | 1 serving | 1.2 g          |
| Mashed Potatoes                                                              | ½ cup     | 18 g           |
| Glazed Baby Carrots                                                          | ½ cup     | 18.3 g         |
| Hawaiian Dinner Roll                                                         | 1 each    | 29 g           |
|                                                                              |           |                |
| Teriyaki Hawaiian Burger Meal                                                |           |                |
| Teriyaki Hawaiian Burger                                                     | 1 serving | 38.1 g         |
| Baked Chips                                                                  | 1 package | ~23 g (varies) |
| Teriyaki Sauce                                                               | 1 oz      | 10g            |
|                                                                              |           |                |
| Fish Sandwich Box                                                            |           |                |
| Fish Sandwich w/ Hawaiian Bun                                                | 1 serving | 42 g           |
| Seasoned Potato Wedges                                                       | ½ cup     | 19 g           |
|                                                                              |           |                |
| Teriyaki Chicken w/ Garlic Noodles                                           |           |                |
| Teriyaki Chicken                                                             | 1 serving | 13.8 g         |
| Garlic Noodles                                                               | 1 serving | 39 g           |
|                                                                              |           |                |
| Cajun Chicken Pasta w/ Texas Toast                                           |           |                |
| Cajun Chicken Pasta                                                          | 1 serving | 32.1 g         |
| Texas Toast                                                                  | 1 slice   | 14 g           |
|                                                                              |           |                |
| Tuscan Chicken w/ Rotini Pasta and Cheesy Breadstick                         |           |                |
| Tuscan Chicken w/ Rotini Pasta                                               | 1 serving | 24.3 g         |
| Cheesy Breadstick                                                            | 1 each    | 17 g           |

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|                                    |           |       |
| Chicken Alfredo Meal               |           |       |
| Chicken Alfredo w/ Penne Pasta     | 1 serving | 43g   |
| Garlic Knot                        | 1 each    | 27g   |
|                                    |           |       |
| BBQ Brisket Meal                   |           |       |
| Beef Brisket                       | 1 serving | 2g    |
| Macaroni & Cheese                  | 1 serving | 29g   |
| Texas Toast                        | 1 slice   | 16g   |
| BBQ Sauce                          | 1 oz      | 17.5g |
|                                    |           |       |
| Whole Muscle Chicken Bites Meal    |           |       |
| Whole Muscle Breaded Chicken Bites | 1 serving | 59.5g |
| Crinkle Cut Fries                  | ½ cup     | 15g   |
| Texas Toast                        | 1 slice   | 16g   |
| Dipping Sauce                      | 1oz       | 4.3g  |
|                                    |           |       |
| Seasoned Popcorn Chicken Meal      |           |       |
| Breaded Popcorn Chicken            | 1 serving | 14g   |
| Waffle Cut Fries                   | ½ cup     | 20g   |
| Sweet Chili Sauce                  | 1oz       | 13g   |
| Chocolate Chip Cookie              | 1 each    | 23g   |
|                                    |           |       |
| Chicken Wings Meal                 |           |       |
| Bone-In Chicken Wings              | 1 serving | 1g    |
| Hawaiian Dinner Roll               | 2 oz      | 29g   |
|                                    |           |       |
| BBQ Items                          |           |       |
| BBQ Hamburger Patty w/ Knot Bun    |           |       |
| Hamburger Patty (3 oz)             | 1 each    | 0.6 g |
| Hawaiian Hamburger Bun             | 1 each    | 29 g  |
|                                    |           |       |
| BBQ Hotdog w/ Hotdog Bun           |           |       |
| Beef Hotdog                        | 1 each    | 4 g   |
| White Hotdog Bun                   | 1 each    | 27 g  |
|                                    |           |       |

|                                   |           |                |
|-----------------------------------|-----------|----------------|
| Cookie                            |           |                |
| Chocolate Chip Cookie             | 1 each    | 27 g           |
| Fruit                             |           |                |
| <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            |
|                                   |           |                |
| <b><i>Chips</i></b>               |           |                |
| Baked Chips                       | 1 package | ~23 g (varies) |