

# HIGH SCHOOL LUNCH

## Carbohydrate Information for Additional Food Items

Food Item	Serving Size	Grams of Carbohydrate
Asian Rice Bowls		
Mongolian Beef	1 serving	13g
Orange Popcorn Chicken (no rice)	1 serving	21 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
Spicy Potato Wedges	½ cup	19 g
Dinner Roll	2 oz	27 g
Cheeseburger Box		
Cheeseburger	1 serving	33.6 g
Spicy Potato Wedges	½ cup	19 g
Hamburger Box		
Hamburger	1 serving	32.6 g
Spicy Potato Wedges	½ cup	19 g
Hotdog w/ Bun & Spicy Potato Wedges		
Beef Hotdog	1 each	4 g
Hotdog Bun	1 each	29 g
Spicy Potato Wedges	½ cup	19 g
Spicy Chicken Patty Sandwich Box		
Spicy Chicken Sandwich	1 serving	48 g
Spicy Potato Wedges	½ cup	19 g

Chef Salad w/ Dinner Roll		
Chef Salad	1 serving	8.5 g
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
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
Baked Macaroni & Cheese w/ Dinner Roll and Brownie Cup		
Baked Macaroni and Cheese	1 cup	48 g
Dinner Roll	2 oz	27 g
Brownie Cup	1 each	26.2 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
Chicken & Waffles		
Breaded Chicken	1 serving	11 g
Waffles	2 pcs	30 g

Syrup	1 each	31 g
RiBBQ Sandwich w/ Potato Wedges		
RiBBQ Sandwich	1 serving	69 g
Spicy Potato Wedges	½ cup	19 g
Bacon Western Cheeseburger w/ Baked Chips		
Bacon Western Cheeseburger	1 serving	43.9 g
Baked Chips	1 package	~23 g (varies)
Turkey Gravy Meal w/ Dinner Roll and Corn on the Cob		
Turkey with Gravy	1 serving	6 g
Mashed Potatoes	½ cup	18 g
Dinner Roll	2 oz	27 g
Corn on the Cob	1 each	17.9 g
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
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)

Fish Sandwich Box		
Fish Sandwich	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
<b>BBQ Items</b>		
BBQ Hamburger Patty w/ Knot Bun		
Hamburger Patty (3 oz)	1 each	0.6 g
Hamburger Knot Bun	1 each	31 g
BBQ Hotdog w/ Hotdog Bun		
Beef Hotdog	1 each	4 g
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>Fresh Fruit</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>Fruit Cups</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>Chips</b>		
Baked Chips	1 package	~23 g (varies)