

Carbohydrate Counts for Lunch Menus

MENU ITEM
Entrees
SERVING SIZE
Carbs
g

MENU ITEM	SERVING SIZE	Carbs g
Mini Corn Dogs	6 mini corn dogs	35
Belgium Waffles & Sausage	3 waffle sticks + 3 sausage links	31
Chicken Nuggets	PHD, 5 each	19
Chicken, Herb Roasted	1 serving: 1 breast or 2 pc dark or 3 wings	0
Chicken, Homestyle BBQ	1 pc chicken + 2 T bbq sauce	9
Chicken, Mashed Potato Bowl	13 pc popcorn chicken + 1/2 c mashed potato + 1/2 c corn	43
Chicken, Nuggets & Nachos	PHD, 5 each + 1 oz tortilla chips + 2 oz cheese sc	44
Chicken, Oven Fried Chicken	1 breast, or 2 thighs or 1 wing + 1 drum	21
Chicken, Popcorn Chicken	13 pc or 4.29 oz	26
Chicken, Tangy Tangerine	4 OZ Asian Solutions	26
Chicken, Tenders & Tots	3 PC Goldkist PHD 3.9 OZ + 1/2 CUP TATER TOTS	34
Chicken, Tenders/strips	3 pc Goldkist PHD 3.9 OZ	15
Chicken, Thai Chili	13 pc popcorn chicken or 4.29 oz + 2 oz thai chili sauce	36
Cold, Bagel & Cream Cheese	1 3oz bagel and 1 oz cream cheese	30
Cold, Bagel & Yogurt Lunch	2 Bagelettes, 1oz bg sunflower seeds & 4 oz yogurt	44
Cold, Lunch muncher	2 str cheese, crackers, (1) bag baby carrots & (1) 1 oz ranch	23
Cold, Pretzel & Yogurt Lunch	2.2 oz whole grain pretzel + 8 oz yogurt	49
Cold, Smoothie	12 oz	66
Cold, Yogurt Berry Parfait	8 oz van yogurt, 1/4 strawberries& blueberries, 1/8 cup grano	51
Corn Dogs & Tater Tots	6 mini chicken corn dogs + 4 oz tater tots	59
Breakfast, French Toast Stick & Sausa	4 sticks + 2 sausage Links	38
Breakfast tacos	2 maple flatbreads with scram egg, sausage & cheese	45
Breakfast Tater Tot Breakfast Bowl	4 oz potatoes, 3 oz egg, 1 oz sausage	25
Mexican, Burrito, Beef	1 10" tortilla, 3 oz taco meat	34
Mexican, Nachos with Cheese	2 oz chips, 2 oz cheese	43
Mexican, Nachos, Beef	1.5 oz chips, 2 oz meat, 1 oz cheese	28
Mexican, Nachos, Buffalo Chicken	3 oz diced chicken, 2 oz tortilla chips, 2 oz chz sauce	44
Mexican, Nachos, loaded beef	2 oz tortilla chips, 3 oz taco meat, 1 oz chz sc	47
Mexican, Irish Nachos	5 oz potato wedges, 3 oz taco meat, 2 oz cheese sc	50
Mexican, Quesadilla, Cheese	1 each, 10" wheat tortilla & 2 oz cheddar	31
Mexican, Quesadilla, Cheese & chicke	1 each, 10" wheat tortilla & 2 oz cheddar & 1 oz chic strip	31
Mexican, Taco Boat	1 taco tub, 3 oz taco beef, 2 oz cheese sauce	21
Mexican, Turkey Taco Boat	1 taco tub, 3 oz taco turkey, 2 oz cheese sauce	25
Mexican, Taco Rice Bowl	1 cup brown rice with pinto beans, 2 oz taco meat, 1/2 oz che	45
Mexican, Tacos hard	2 taco shells, 3 oz taco meat, lettuce, tomatoes	23
Mexican, Tacos Soft	2- 7" wheat tortillas, 3 oz taco meat, lettuce, tomatoes	35
Mexican, Tot 'Chos	1/2 cup tater tots, 3 oz taco meat, 2 oz cheese sauce	24
Pasta & Meat Sauce	1 cup pasta + 4 oz sauce	50
Pasta & Meatballs	1 cup pasta + 3 oz meatballs + 2 oz sc	50
Pasta Bar	varies	55
Pasta, Beefy Lasagna	Lasagna with meat sauce	41
Pasta, Chicken Alfredo	1 1/2 cup	46

Pasta, Chicken Parm & Pasta	(1) chicken breast, 1 cup pasta, 1/2 cup sauce, 1 oz mozz	68
Pasta, Mac & Cheese	1 cup	44
Pasta, Italian Sampler	1 stuffed shell, 2 meatballs, 2 mozz stick, 1/2 cup sauce	43
Pizza White Garlic French	Tony's 6 inch	30
Pizza, French Bread Pizza	4.95ozs	30
Pizza, Pizza for One	1 each	42
Pizza, Pizza Sticks & Sauce	3 sticks + 2 ozs sauce	54
Pizza, Pizza Sticks & Meatballs	3 sticks, 2 oz sauce, 5 each meatballs	59
Pizza, Sausage Pizza	1 slice	42
Pizza, School Brick oven/Variety	1 slice	43
Pizza, Stuffed Crust Pizza	5.75 oz	45
Salad, Asian Chicken	Greens, 3 oz chicken breast, chow mein noodles, dressing	43
Salad, Buffalo Chicken Caesar	Greens, 3 oz buffalo chicken, ranch dressing, croutons	26
Salad, Caesar Salad		5
Salad, Chef Salad	1 each	22
Salad, Chicken Tender		45
Salad, Greek Salad	Romaine, feta, tomatoes, onions, cukes, peppers	12
Salad, Grilled Chicken		28
Salad, Southwest Chicken		65
Salad, Turkey BLT		21
Salad, Turkey, Cran & Cheddar		51
Salad, Chicken Caesar Salad	3 oz lettuce, crouton pc, parmesan, chic breast, pc dress	24
Salad, Tuna Salad Plate		21
Sampler, Italian Sampler	2 stuffed shells, 2 meatballs, 3 mozz sticks, 1/4 c sauce	45
Sampler, Warrior	4 nuggets, 4 onion rings, 1 oz tortilla chips, 2 oz chz sc	61
Sandwich Ham & Cheese Croissant	1 croissant, 1 slice cheese, 2 oz ham	27
Sandwich Meatball Sub	1 sub: (1) 6" sub roll + 5 meatballs in sauce	48
Sandwich, Bacon Cheeseburger	1 burger, 1 roll, 1 slice cheese, 1 slice bacon	30
Sandwich, BBQ Chicken & Cheddar	3 oz chicken fajita meat + 1.5 oz bbq sc + 6 inch sub	45
Sandwich, Buffalo Chicken Ranch Wrap		33
Sandwich, Buffalo Chicken Flatbread	3 oz chicken fajita meat + 1 oz buffalo cs + 6 inch flatbread	29
Sandwich, California Club	1 each	33
Sandwich, Cheeseburger	1 each	29
Sandwich, Chicken Caesar Wrap	1 each	36
Sandwich, Chicken fajita wrap		32
Sandwich, Monterrey Chicken	1 grilled chix breast, bacon, bbq, cheddar on wheat bun	39
Sandwich, Chicken Parmesan	1 chicken breast breaded, 2 oz sauce, 1 roll, 1/2 oz mozz	52
Sandwich, Chicken Patty	1 Sandwich (4ozs)	44
Sandwich, Chicken Patty, Spicy	1 Sandwich	41
Sandwich, Chicken Tender Wrap		47
Sandwich, Chicken Teriyaki	3 oz chicken breast, 1 burger roll, 1 T teriyaki sauce	38
Sandwich, Dorito Burger	2 oz burger, 1 roll, 1 slice cheddar, 3 each dorito chips	34
Sandwich, Egg & Cheese Bagel	2.5 oz bagel, 1 oz egg patty, 1 slice cheese	36
Sandwich, Egg & Cheese Croissant	1 wheat croissant, 1 oz egg patty, 1 slice cheese	29
Sandwich, Eggplant Parm	3 oz eggplant, 1 roll, 1 oz mozz, 1 oz sauce	50
Sandwich, Fish & Cheese	1 fish patty, 1 slice american, 1 roll	43
Sandwich, Grilled Cheese	1 each	30
Sandwich, Grilled Cheese & Bacon	1 each	32
Sandwich, Ham & Cheese Bagel	2.5 oz wheat bagel, 2 oz ham, 1 slice cheese	39

Sandwich, Ham & Cheese Sub	6" wheat sub roll, 2 oz ham, 1 slice cheese	31
Sandwich, Ham, Egg & Cheese Muffin	1 egg patty, 1 oz ham, 1 english muffin	33
Sandwich, Hamburger	1 each	29
Sandwich, Honey Must Chick pretzel roll	1 3 oz chic breast, 1 pretzel roll, 1 T honey must, 1 slice ched	35
Sandwich, Hot Dog	1 each	30
Sandwich, Krispy Chicken Wrap	3 pc tenders + 10" flour tortilla	50
Sandwich, Korean BBQ Pork	2- 4" FLATBREADS, 3 OZ PORK, PICKLED VEGGIES	59
Sandwich, Mac Flatbread		37
Sandwich, Manwich Sloppy Joe	1 roll, 2 oz beef, 1/4 cup manwich sauce	38
Sandwich, Pulled Pork	3 oz pulled pork + 6 inch sub roll + 2 oz bbq sauce	43
Sandwich, Rodeo Burger	1 burger, 1 roll, 2 onion rings, 1 slice cheese, 1 T bbq sc	49
Sandwich, Saus, egg & ch croissant	1 croissant, 1 slice cheese, 1.5 oz saus patty, 1 oz egg patty	29
Sandwich, Steak & Cheese	(1) 6" sub roll, (1) 2.5 oz steak + (1) slice American cheese	29
Sandwich, Shaved Steak Sub	(1) 6" sub roll, (1) 2.5 oz steak + (1) slice American cheese	29
Sandwich, Toasted Cheese Sandwich	1 each	30
Sandwich, Turkey Club Wrap	1 each	34
Sandwich, Turkey & Chz on Wheat	1 each	40
Sandwich, Turkey Bacon Sub	1 sub roll, 2 oz turkey, 1 slice bacon	33
Sandwich, Turkey Bacon Ranch Flatbread		28
Sandwich, Turkey Bacon Ranch Ciabatta		29
Sandwich, Rib B Que Sandwich	1 sandwich	26
Sandwich, Big Breakfast Burger	1 roll, 1 burger, 1 egg patty, 1 slice cheese, 1 slice bacon	31
Turkey Day Bowl	turkey, mashed potatoes, gravy, stuffing	40
Turkey, Roasted	3 oz	0
Waffles & Scram Eggs		36

Sides

Bean, Buffalo Bean Dip	1/4 cup	10
Bean, Edamame, Garlic	1/2 cup	8
Bean, Hummus, Ranches up	1/4 cup	15
Bean, Marinated Chic Peas	1/2 cup	20
Bean, Texas Caviar	1/2 cup	26
Bean, White Bean Dip	2 oz	7
Beans, Baked Beans	2 ozs	11
Beans, Chipolte BBQ	1/2 cup	38
Beans, Refried	1/2 cup	20
Beans, Spicy Black Beans	1/2 cup	20
Condiment, BBQ Sauce	1 oz	10
Condiment, Cranberry Sauce	1/4 cup	27
Condiment, Ketchup packet	9 gm pouch	3
Condiment, Gravy	1 oz pouch	4
Condiment, pancake syrup pc	1.5 oz	28
Condiment, smart balance spread	1 cup	0
Condiment, Sweet & Sour Sc	1 oz pouch	11
Fruit, Apple	1 each	19
Fruit, Carnival Apple	1/2 cup	25
Fruit, Cinn Sugar Apples	1/2 cups	16
Fruit, Fruit Cocktail/Mixed Fruit	1/2 cup	17
Fruit, Fruit Crisp	1/2 cup	45

Fruit, Mixed Fruit	1/2 cup	17
Fruit, Peaches	1/2 cup	17
Fruit, Peaches & Cream	1/2 cup	23
Fruit, Pears	1/2 cup	19
Fruit, Pineapple & cherries	4 ozs	19
Fruit, Shape UP Frz juice bar	1 each	16
Fruit, Strawberries & Crème	1/2 cup strawberries + whipped topping	25
Fruit, Watermelon wedge	1/2 cup	22
Fruit, Applesauce	1/2 cup	13
Fruit, Cinnamon Applesauce	1/2 cup	13
Fruit, Grapes	1/2 cup	16
Fruit, Orange Wedges	Serving Size: 1/2 each	7.7
Fruit, Pineapple Tidbits	1/2 cup	18
Fruit, Rips or Welch's Juice Slush	4 oz pouch	23
Grain, Animal Crackers	Serving Size 1 each 1 oz bag	21
Grain, Breadstick, soft	1.5 oz 1 each Wenner	19
Grain, Brown Rice, Steamy	1/2 cup	18
Grain, Rice Salad	1/2 cup	30
Grain, Cookie, choc chip	1 each, 1 oz	18
Grain, Cookie, heart	1 each	13
Grain, Cookie, shamrock	1 each	13
Grain, Cookie, spring egg	1 each	13
Grain, Cookie, Sugar	1 each, 1 oz	18
Grain, Cookie, turkey spice	1 each	13
Grain, Cookie, wreath	1 each	13
Grain, Corn Bread	3x3 square	27
Grain, Dinner Roll	1 each	22
Grain, Dinner Roll, Crusty	1 oz	15
Grain, Dinner Roll, Signature pull apart	1 each	18
Grain, Fiesta Rice	1/2 cup	22
Grain, Fortune Cookie	1 each	6
Grain, Garlic Herb Pasta	1/2 cup	20
Grain, Giant Goldfish Grahams	.9 oz pouch	19
Grain, Goldfish Crackers	.75 oz bag	14
Grain, Goldfish Pretzels	.75 oz bag	16
Grain, Graham Crackers	1 pkg, (containing 2 crackers)	11
Grain, Hartzel Pretzels	1 bag .7 oz	16
Grain, Lightly Buttered Pasta	1/2 cup	42
Grain, Mac & Cheese	4ozs	47
Grain, Mini Bag of Doritos	1 pkg	10
Grain, Pasta salad	1/2 cup	42
Grain, Pita bread	1/2 pocket	19
Grain, Rice Krispy Treat	1 each	30
Grain, Rice Pilaf	1/2 cup	22
Grain, Soft Pretzel	2.2 oz	30
Grain, Scooby Snacks	1.1 oz	22
Grain, Steamed Rice	1/2 cup	18
Grain, Stuffing	1/2 cup	21

Grain, Teriyaki Noodles	1 cup	34
Grain, Texas Toast	1 slice	15
Other, Chips, Cape Cod	.5 oz bag	9
Other, Jello	4 oz	18
Other, Pudding	4ozs	24
Protein, String cheese	1 oz	less than 1
Protein, Yogurt Cup, Danimals	4 oz	19
Protein,Sunflower Seeds	1 pkg	8
Soup, Chicken Vegetable Soup	6ozs	20
Soup, Tomato Soup	6 ozs	29
Veg, Baby Carrots	1 bag	5
Veg, Broccoli & Cheese Sauce	½ cup broccoli, 1 oz cheese	10
Veg, Broccoli Salad, Sweet & Tangy	1/2 cup	31
Veg, Broccoli Steamed	4 oz	5
Veg, Broccoli, Roasted	1/2 Cup	5
Veg, Caesar Salad	1 cup	
Veg, California Blend	1/2 cup	6
Veg, Carrot Slaw	1/2 cup	10
Veg, Carrots, Roasted or Steamed	1/2 cup	6
Veg, Coleslaw	1/2 cup	8
Veg, Corn	1/2 cup	15
Veg, Corn Fiesta	1/2 cup	15
Veg, Garlic Green Beans	1/2 cup	15
Veg, Glazed Carrots	1/2 cup	19
Veg, Kale, Honey Ginger	1/2 cup	13
Veg, Marinated Tomatoes	1/2 cup	5
Veg, Mashed Potatoes	4 ozs	15
Veg, Potato Puffs	4 oz, 25 each	25
Veg, Potato Smiles	3 oz 4 each	24
Veg, Potato Wedges	4 oz	29
Veg, Potato, French Fries	4ozs	16
Veg, Potato, Hash Brown Patty	1 patty	13
Veg, Sauteed Spinach	1/2 cup	5
Veg, Sweet Peas	1/2 cup	11
Veg, Sweet Potato Homefries	1/2 cup	21
Veg, Tossed Salad – no dressing included	½ cup	3
Veg, Veggies & Dip	1 each	6
Veg, Zucchini Italian Style	1/2 cup	4

Drinks

Juice, 100% fruit punch	4 oz	13
Milk, 1 % oz	1 carton	13
Milk, chocolate 8 oz	1 carton	26
Milk, coffee, 8 oz	1 carton	25
Milk, strawberry 8 oz	1 carton	29
Switch carbonated juice 8 oz	1 can	30
Envy, carbonated juice 8 oz	1 can	29

