

ELEMENTARY LUNCH CARBOHYDRATE AND CALORIE COUNTS

Menu Item	Portion Size	Cals	Carb (g)
Apple, Whole	1 Each	72	19
Apples, Fresh, Sliced, 2 Oz Pkg	Each	29	8
Applesauce	1/2 Cup	52	14
Avocado Sauce	2 Tbsp	46	3
Beans Baked	1/2 Cup	150	31
Beans Garbanzo	1/4 Cup	72	14
Beans Pinto	1/2 Cup	103	18
Beans Refried	1/2 Cup	118	20
Bananas	1 Each	105	27
Beef Rotini	1 Each	309	22
Beef Tacos	2 Tacos	265	33
Beef Taco Crumbles	3.25 Oz	111	5
Tortilla 6" Flour	2 Tortilla	154	28
Beef Teriyaki Dipper with Rice	1 Each	376	51
Beef Teriyaki Dipper	4 Pieces	160	6
Rice, Brown	1 Cup	216	45
Breadstick	1 Each	105	22
Broccoli, Frozen, Boiled	1/2 Cup	26	5
Burrito, Bean & Cheese	1 Each	380	45
Burrito, Foiled Bean & Cheese	1 Each	397	57
Burrito, Foiled Chicken Cheese & Rice	1 Each	338	37
Carrots Sticks	1/2 Cup	25	6
Cheese & Lettuce Cup	1/2 Cup	61	1
Lettuce, Romaine	1/2 Cup	4	1
Cheese, Cheddar	1/2 Oz	57	0
Cheese Max Stick	2 Sticks	300	32
Cheese Stick Mozzarella	1 Each	79	0
Cheeseburger	1 Each	355	32
Bun, Hamburger	1 Bun	150	29
Beef Patty	1 Patty	150	2
Cheese, American	1/2 Oz	55	1

Cheeseburger Sliders	1 Twinpack	272	31
Cheeseburger with Bacon	1 Each	375	32
Beef Patty	1 Patty	150	2
Cheese, American	1/2 Oz	55	1
Turkey Bacon	1 Slice	20	0
Bun Hamburger	1 Bun	150	29
Chicken Fajitas w/ Beans	1 Each	626	78
Chicken Fajita	2.875 Oz	120	2
Cheese Cheddar	1 Oz	80	1
Tortilla 6" Flour	4 Tortillas	308	56
Beans Refried	1/2 Cup	118	19
Chicken Nuggets Holiday Shapes	3 Pieces	250	15
Chicken Orange Mandarin	3.6 Oz	150	19
Chicken Oven w/ Roll	1 Each	456	42
Chicken Drumsticks	4.375 Oz	296	8
Roll	1 Roll	160	34
Chicken Popcorn	10 Pieces	180	12
Chicken Tenders	3 Pieces	260	16
Chips Sunchips Garden Salsa	1 Package	110	15
Chortles Choc Chip Grahams	1 Each	110	19
Cookie, Celebration	1 Each	142	24
Cookie, Holiday	1 Each	120	16
Corn Dog on a Stick	1 Each	270	30
Corn Dogs Mini	6 Pieces	267	33
Corn, Canned, Yellow	1/2 Cup	55	12
Crackers HUGS	1 Bag	130	21
Crackers, Wheat	1 Package	90	14
Fortune Cookie	1 Each	35	7
Fruit, Mixed, Canned	1/2 Cup	69	18
Funnel Cake	1 Each	300	43
Grahams Honey	1 Each	110	20
Lettuce, Iceberg, Shredded	1 Cup	10	2
Mac and Cheese	1 Pouch	283	31
Marinara Sauce	1/8 Cup	15	2

Melon Balls, Frozen	1/2 Cup	29	7
Milk 1% 8 oz	1 Container	120	14
Milk Nonfat Chocolate 8 oz	1 Container	120	22
Milk Nonfat Strawberry 8 oz	1 Container	120	22
Muffin Cornstar	1 Each	120	20
Orange	1 Each	62	15
Peaches, Canned, Diced	1/2 Cup	53	13
Pears, Canned, Diced	1/2 Cup	58	15
Pizza Breadsticks, Pepperoni & Cheese	2 Sticks	480	58
Pizza Breakfast Sausage	1 Each	210	26
Pizza Cheese 16" Sliced Papa Johns	1 Slice	330	40
Pizza Pepperoni 16" Sliced Papa Johns	1 Slice	360	40
Plums, Fresh	1 Each	30	8
Potatoes Seasoned Wedges	1/2 Cup	120	20
Potatoes Triangle	1 Piece	89	12
Quesadilla Cheese	1 Each	331	29
Raisins	1 Package	113	30
Rice, Brown Cooked	1/2 Cup	108	22
Roll	1 Each	160	34
Salad Mix	1 Cup	79	11
Salsa	1/4 Cup	22	4
Sandwich Deli	1 Each	260	30
Sandwich Grilled Cheese	1 Each	280	31
Sausage Link Pork	2 Each	140	0
Sausage Link Pork	1 Each	70	0
Sunflower Seeds, Lightly Salted	1 Package	170	6
Syrup Packet 1 oz	1 Each	66	17
Tangerines, Large, Fresh	1 Each	64	16
Taquitos Chicken	2 Piece	110	13
Tomatoes, Diced or Sliced	1/2 Cup	16	3
Tomatoes, Grape	1/4 Cup	7	1
Yogurt Trix 4 oz	1 Each	100	20