

JUNIOR HIGH LUNCH, BREA OLINDA USD

CARBOHYDRATE AND CALORIE COUNTS

Menu Item	Portion Size	Cals	Carb (g)
Burger, Bacon with Onion Ring	1 Each	490	35
Beef Patty, 3 Oz	1 Patty	230	0
Turkey Bacon, Sliced	1 Slice	20	0
Cheese, American, Sliced	1 Slice	50	1
Onion Rings, Breaded	1 Piece	40	5
Bun, Hamburger	1 Bun	150	29
Burger, Hamburger w/ Sunchips	1 Each	490	44
Bun, Hamburger	1 Bun	150	29
Beef Patty, 3 Oz	1 Patty	230	0
Chips, Multigrain, Garden Salsa	1 Package	110	15
Breadsticks, Cheese, 2 Oz	1 Each	177	20
Chicken Alfredo Bowl & Breadsticks	1 Serving	441	47
Chicken Fajita	3 Oz	129	2
Spaghetti, Whole Grain	1/2 Cup	87	19
Breadstick	1 Stick	105	22
Sauce, Alfredo	1/4 Cup	120	4
Chicken, General Tso, Rice, & Roll	1 Serving	458	83
Chicken, General Tso	3.6 Oz	170	23
Rice, Long Grain, Brown	1/2 Cup	108	22
Fortune Cookie	1 Cookie	20	4
Roll, Dinner, 2 Oz	1 Roll	160	34
Chicken, Kung Pao, Rice & Roll	1 Serving	415	71
Chicken, Kung Pao	3.8 Oz	127	11
Rice, Long Grain, Brown	1/2 Cup	108	22
Fortune Cookie	1 Cookie	20	4
Roll, Dinner, 2 Oz	1 Roll	160	34
Chicken, Orange, Rice & Roll	1 Serving	438	79
Chicken, Orange	3.6 Oz	150	19
Rice, Long Grain, Brown	1/2 Cup	108	22
Fortune Cookie	1 Cookie	20	4
Roll, Dinner, 2 oz	1 Roll	160	34
Chicken, Teriyakk, Rice & Roll	1 Serving	418	70
Chicken, Teriyaki	1/2 Cup	130	10
Rice, Long Grain, Brown	1/2 Cup	108	22
Fortune Cookie	1 Cookie	20	4
Roll, Dinner, 2 Oz	1 Roll	160	34
Chicken Sandwich, Breaded	1 Each	420	45
Chicken Patty, Crispy	1 Patty	270	16
Bun, Hamburger	1 Bun	150	29
Chicken Tenders	3 Piece	260	16
Crackers, Savory Wheat	2 Oz	180	66
Loco Bowl	1 Serving	465	59
Rice, Long Grain, Brown	1 Cup	216	45
Mexican Rice Seasoning Mix, 1.5 Tsp	1 Serving	14	3

Chicken Fajita	3 Oz	129	2
Beans, Canned, Pinto	1/4 Cup	51	9
Cheese, Cheddar, Shredded	2 Tbsp	55	0
Pizza, Cheese	1 Each	301	35
Pizza, Pepperoni	1 Each	302	35
Roll, Artisan Fresh, 2 Oz	1 Each	160	34
Salad, Shaker, Asian	1 Each	290	21
Cheese, Mozzarella	1 Oz	85	1
Chicken Seasoned Fajita	1.5 Oz	64	1
Salad Mix	1 Cup	79	11
Noodles, Chow Mein	1 Tbsp	16	2
Dressing, Sesame Oriental	1 Tbsp	45	6
Salad, Shaker, Ham	1 Each	198	9
Cheese, Cheddar, Yellow, Reduced Fat	1 Oz	80	1
Turkey Ham, Diced	1.6 Oz	53	0
Lettuce	1 Cup	5	1
Ranch Dressing Light, 1 Oz Cup	1 Container	60	7
Salad, Shaker, Veggie	1 Each	315	15
Cheese, Cheddar, Yellow, Reduced Fat	1 Oz	80	1
Sunflower Seeds, Roasted	1 Packet	170	6
Lettuce	1 Cup	5	1
Ranch Dressing Light, 1 Oz Cup	1 Container	60	7
Uncrustable PB&J (Large), Grape/Straw	1 Each	630	64