

JUNIOR HIGH LUNCH CARBOHYDRATE AND CALORIE COUNTS

Menu Item	Portion Size	Cals	Carb (g)
BBQ Beef Rib Sandwich	1 Each	360	41
Bun, Hamburger	1 Bun	150	29
Beef Rib BBQ Patty	1 Patty	210	12
Beans, Garbanzo	1/4 Cup	72	14
Beans, Refried	1/2 Cup	118	20
Beans, Vegetarian Baked	1.5 Cup	150	31
Beef Tacos	1 Each	265	33
Beef Taco Crumbles	3.25 Oz	111	5
Tortilla 6" Flour	2 Tortillas	154	28
Beef Teriyaki Dippers W/ Rice	1 Each	375	51
Beef Teriyaki Dipper	4 Pieces	160	6
Rice, Brown, Cooked	1 Cup	216	45
Breadstick Garlic	1 Each	109	22
Burrito Bean & Cheese	1 Each	380	45
Burrito Foiled Bean & Cheese	1 Each	397	57
Calzone Cheese	1 Each	350	42
Cheese & Lettuce Cup	1/2 Cup	61	1
Lettuce Romaine	1/2 Cup	57	1
Cheese Cheddar	1/2 Oz	57	0
Cheeseburger Sliders	1 Twinpack	272	31
Chicken Fajitas W/ Beans	1 Each	626	78
Chicken Seasoned Fajita	2.875 Oz	120	2
Cheese Cheddar	1 Oz	80	0
Tortilla 6" Flour	4 Tortillas	308	56
Beans Refried	1/2 Cup	118	20
Chicken Nuggets Holiday	3 Pieces	250	15
Chicken Popcorn	10 Pieces	180	12
Chicken Sticks	8 Sticks	264	15
Chicken, Mashed Potatoes, Roll	1 Each	452	60
Chicken, Breaded	7 Oz	215	11

Potato, Mashed	1/2 Cup	77	15
Roll, Dinner	1 Roll	160	34
Chili Cheese Fries	1 Each	262	32
Chili w/ Beans	5.875 Oz	152	15
Fries Crinkle Cut	1/2 Cup	110	17
Chips Garden Salsa Sunchips	1 Package	110	15
Cookie Holiday	1 Each	120	16
Cookie Party	1 Each	130	22
Corn Dog on a Stick	6 Pieces	270	30
Corn Dog Turkey	6 Pieces	267	33
Corn, Canned	1/2 Cup	55	12
Crackers Wheat	1 Each	90	14
Fish Tacos	1 Each	519	52
Fish Square	4 Pieces	420	34
Tortilla 6" Flour	1 Tortilla	77	14
Salsa	1/4 Cup	22	4
Fresh Fruit Assorted	1 Each	50	13
Apples, Fresh, Sliced 2 Oz	1 Each	29	8
Apples, Fresh, Whole	1 Medium	62	15
Oranges, Fresh, Whole	1 Each	45	11
Garlic Cheese Toast	1 Each	356	31
Grahams Honey	1 Package	110	20
Hot Dog, Beef	1 Each	310	27
Bun, Hot Dog	1 Bun	150	26
Hot Dog Link, Beef	1 Hot Dog	160	1
Mac And Cheese	1 Pouch	283	31
Marinara Sauce	1/8 Cup	15	2
Milk 1% 8 oz	1 Container	120	14
Milk Nonfat Chocolate 8 oz	1 Container	120	22
Pizza Breadsticks, 2 Pc	2 Sticks	480	58
Pizza Cheese Jo-Jos	1 Slice	299	35
Pizza Pepperoni Jo-Jos	1 Slice	307	35

Potato Spicy Curly Q's	1/2 Cup	110	15
Potato Seasoned Wedges	1/2 Cup	120	20
Rotini With Meatsauce	1 Each	309	22
Salad Mix	1 Cup	79	11
Sandwich Grilled Cheese	1 Each	280	31
Sandwich Meatball	1 Each	353	41
Meatballs	4 Oz	173	10
Spaghetti Sauce	1/4 Cup	30	5
Bun, Hot Dog	1 Bun	150	26
Sloppy Joe On A Bun	1 Each	295	39
Sloppy Joe	3.5 Oz	145	10
Bun, Hamburger	1 Bun	150	29
Spaghetti with Meatsauce	1 Each	378	52
Sauce, Beef Spaghetti	5.625 Oz	167	9
Spaghetti	1 Cup	211	43
Taquitos Chicken, 4 Pc w/ Beans	4 Piece	383	48
Taquitos Chicken	4 Each	220	26
Beans, Refried	1/2 Cup	118	20
Avocado Pulp	2 Tbsp	45	2
Tomatoes, Grape	1/4 Cup	7	1
Quesadilla Cheese	1 Each	331	29