

HIGH SCHOOL MENU ITEMS - CARBOHYDRATE COUNTS

4/7/2017

<u>MENU ITEMS (Alpha Order)</u>	<u>Portion Size</u>	<u>Calories</u>	<u>Carbs</u>
APPLE	1 ea	72	19.06
APPLE BREAD	1 slice	632	83.46
APPLE CRISP HOMEMADE	1/2 c	327	46.47
APPLE CRISP WARM	1/2 c	255	49.55
APPLESAUCE	1/2 c	56	16.70
APPLESAUCE, CINNAMON	1/2 c	57	17.23
ASIAN SLAW	1 ea	66	9.03
AWESOME APPLE BREAD	2 slice	632	83.46
BAKED POTATO	1 potato	161	36.59
BAKED POTATO w/BROCCOLI/CHEESE SAUCE	1 potato	232	43.52
BAKED VEGETARIAN BEANS	1/2 c	133	25.72
BANANA	1 ea	70	18.09
BANANA BREAD	2 slice	252	32.87
BBQ CHICKEN ON WG BUN	1 ea	280	43.16
BBQ SAUCE PACKET	12g	12	3.00
BBQ RIB SANDWICH	1 ea	469	49.27
BEANS, BAKED VEGETARIAN	1/2 c	133	25.72
BEEF NACHOS	1 ea	280	36.0
BEEF WALKING TACOS	1 bag	279	22.41
BERRY SLUSHY	1/2 cup	80	20.0
BLACK BEAN SALSA	1/2 c	84	17.01
BLACK BEAN SALSA w/CHIPS	1/2 c	84	17.01
BLUEBERRY BREAD	2 slice	119	21.64
BOSCO PRETZEL STICKS	2 ea	260	30.04
BOSCO STICKS & SAUCE (2)	2 ea	320	41.99
BOSCO STICKS PEPPERONI	2 sticks	260	30.04
BREAD STICK 4" WG 1.5 oz	1 ea	98	19.41
BREAD STICK 5"	1 ea	81	15.19
BREAD STICK 6" WG 1.1 oz	1 ea	80	16.00
BROCCOLI/CAULIFLOWER FRESH	1/2 c	24	4.70
BROCCOLI/CAULIFLOWER/CHERRY TOMATO	1/2 c	9	1.78
BROCCOLI/CHERRY TOMATO/GREEN PEPPER	1/2 c	11	2.19
BROCCOLI/CHERRY TOMATO/PEA POD	1/2 c	12	2.25
BROCCOLI FRESH	1/2 c	10	1.86
BROCCOLI SALAD	1/2 c	74	7.88
BROCCOLI STEAMED	1/2 c	9	1.65
BROWN RICE STEAMED	1/2 c	48	10.50
BUN, WG	1 ea	146.98	26.47

CALIFORNIA BLEND VEGGIES	1/2 c	25	5.00
CALZONE, MEAT COMBO	1 ea	250	33 gm
CARROTEENIES	1/2 c	33	7.43
CARROTEENIES, FRESH	2 oz	33	7.43
CARROTS, BABY/CHERRY TOMATO/CELERY	1/2 c	11	2.43
CARROTS, BABY/CHERRY TOMATO/PEA PODS	1/2 c	12	2.48
CARROTS CANNED	1/2 c	57	13.28
CARROTS FRESH	1 c	25	5.84
CARROTS STEAMED	1/2 c	38	7.62
CARROT STICKS	1/2 c	25	5.84
CAULIFLOWER/BABY CARROTS/CHERRY TOMATO	1/2 c	7	1.50
CAULIFLOWER FLORETS, FRESH	1/2 c	20	3.88
CELERY STICKS	1/2 c	12	2.21
CELERY/GREEN PEPPER/CAULIFLOWER	1/2 c	9	1.76
CHEESE, EGG & SAUSAGE BISCUIT	1 ea	287	30.36
CHEESE FLATBREAD PIZZA	1 ea	301	35.06
CHEESE QUESADILLA	1 ea	330	39.98
CHEESE STICK, CHEDDAR	1 ea	111	0
CHEESE STICK, COLBY JACK	1 ea	111	0
CHEESE, TOMATO, LETTUCE, SALSA	1/2 c	83	6.07
CHEESEBURGER, PRETZEL ROLL	1 ea	386	36.67
CHEESEBURGER, WG BUN	1 ea	372	33.97
CHEESY LASAGNA ROLLUP	1 ea	246	30.26
CHERRY TOMATOES	1/4 c	7	1.45
CHERRY TOMATOES/SLICED CUCUMBERS	1/4 c	4	0.78
CHICKEN, BBQ TERIYAKI	2.8 oz	130	10.00
CHICKEN, CRISPY SALAD	1 ea	349	14.71
CHICKEN DRUMMIES	4 ea	264	21.95
CHICKEN FAJITAS	2 ea	378	33.92
CHICKEN FILET BREADED/BUN	4 oz	357	43.47
CHICKEN FILET SPICY/BUN	4 oz	363	42.47
CHICKEN FINGERS	3 ea	161	12.36
CHICKEN, GENERAL TSO'S	1 ea	337	32.98
CHICKEN GRAVY	1 oz	18	3.51
CHICKEN MANDARIN ORANGE	3.6 oz	150	19.00
CHICKEN NUGGETS	5 ea	284	22.97
CHICKEN, ORANGE OVER BRN RICE	1 ea	332	32.98
CHICKEN PARMESAN/WG BUN	1 ea	360	35.40
CHICKEN PATTY/WG BUN	1 ea	427	45.47
CHICKEN PATTY, SPICY/WG BUN	1 ea	430	46.65
CHICKEN, POPCORN BASKET	1 ea	355	35.77
CHICKEN TACOS, SOFT SHELL	2 ea	350	36.56
CHICKEN TORTILLA SOUP	1 c	74	7.21
CHICKEN TENDERS	3 ea	151	9.36

CHICKEN TENDERS CHEF SALAD	1 ea	341	13.16
CHICKEN WRAP	1 ea	554	50.20
CHILI	1 c	237	12.83
CHINESE CABBAGE SALAD	1/2 c	328	27.52
CLUB SUB SANDWICH	1 ea	387	27.38
COLE SLAW, ASIAN	1/4 c	66	9.03
COLE SLAW, CREAMY	1/4 c	39	3.61
COOKIE, CHOC CHIP	1 each	100	18.00
COOKIE, FORTUNE	1 ea	35	7.00
COOKIE, GINGERBREAD	1 ea	90	14.98
COOKIE, SNICKERDOODLE	1each	100	19.00
COOKIE, SUGAR	1 ea	100	18.97
CORN DOG NUGGETS, TURKEY	6 ea	265	31.50
CORN DOG, TURKEY	1 ea	255	36.50
CORN, CANNED	1/2 c	97	19.38
CORN, FIESTA	1/2 c	144	26.72
CORN, FROZEN	1/2 c	78	14.55
CUCUMBER SALAD	1/2 c	52	12.79
DINNER ROLL	1.1 oz	77	13.36
DINNER ROLL FROZEN	1.25	101	19.24
EGG SALAD SANDWICH	1 ea	268	32.39
EGG/SAUSAGE MUFFIN	1 ea	235	24.89
FRENCH FRIES, OVEN BAKED	1/2 c	170	28.01
FRENCH TOAST STICKS (3)	1 ea	281	55.32
FRESH GRAPES	1/2 c	34	8.87
FRUIT COCKTAIL CANNED	1 c	138	36.13
FRUIT JUICE, APPLE, GRAPE, ORANGE, PINEAPPLE	4 oz	64	15.62
FRUIT SNACKS, MOTTS	1.6 oz	130	38.00
GARDEN SALAD	1/2 c	18	3.55
GRAPES, FRESH	1/2 c	34	8.87
GRAPE JUICE-4OZ	4 oz	80	18.00
GRAVY, TURKEY (MIX)	1 ladle	4	0.82
GREEN BEANS CANNED	1/2 c	19	2.75
GREEN BEANS FROZEN	1/2 c	32	4.60
GRILLED CHEESE/BREAD	1 ea	376	28.52
HAMBURGER/BUN	1 ea	372	33.97
HAMBURGER/PRETZEL ROLL	1 ea	386	36.67
HASH BROWN PATTIE (1)	1 ea	130	13.99
HOMEMADE APPLE CRISP	1/2 c	327	46.47
HOMEMADE POTATO SOUP	1 c	303	25.42
HOTDOG, BEEF/BUN	1 ea	347	31.67
HUMMUS	2 oz	182	10.12
ITALIAN BLEND VEGGIES	1/2 c	30	6.00
ITALIAN SUB	1ea	419	28.90 gm

JELLO	1 c	84	19.16
JELLY	1 tbsp	56	14.69
JUICE, CHERRY STAR	4 oz	50	13.00
JUICE, DRAGON PUNCH	4 oz	50	13.00
JUICE, MANGO	4 oz	50	13.00
JUICE, SUNSET SIP	4 oz	30	7.00
JUICE, CALYPSO CRUSH	4 oz	40	10.00
KETCHUP PACKET	6 gm	9	2.47
LASAGNA CHEESE ROLL-UP	1 ea	246	30.26
LEMON CHICKEN SOUP	1 c	198	12.48
LETTUCE & TOMATO 1 LEAF/2 SLICE	1 ea	7	1.40
MACARONI N' CHEESE	2/3 c	280	29.02
MANDARIN ORANGES	1/2 c	74	16.70
MARINARA SAUCE	2.5 oz	40	7.99
MASHED POTATO BOWL	1 ea	371	38.68
MASHED POTATOES	1/2 c	68	15.38
MAYO PACKET	7 gm	351	1.32
MEATBALLS IN GRAVY	4 ea	158	6.13
MILK	1/2 pint	109	18.51
MILK 1%	1/2 pint	100	11.00
MILK SKIM	1/2 pint	80	11.00
MILK SKIM CHOCOLATE	1/2 pint	110	20.00
MIXED FRUIT	1/2 c	62	13.46
MIXED VEGGIES	1 c	93	18.61
MUSTARD	5 gm	3	0.29
NACHO LIL BITES	8 ea	271	32.11
ORANGE	1 ea	62	15.39
ORANGE WEDGES	1 ea	62	15.39
ORIENTAL BLEND VEGGIES	1/2 c	30	5.00
OVEN FRENCH FRIES	1/2 c	170	28.01
PANCAKES, MINI MAPLE	1 ea	360	74.03
PANCAKE-SAUSAGE ON A STICK	2.9 oz	370	55.89
PARFAIT STRAWBERRY/BLUEBERRY	1 ea	235	49.69
PARFAIT STRAWBERRY/BLUEBERRY w/M & M'S	1 ea	446	87.97
PASTA, ELBOW	1/2 c	111	22.00
PASTA, PENNE	1/2 c	260	52.54
PASTA, ROTINI	1/2 c	90	24.00
ROTINI PASTA w/MEATSAUCE	1 /2 c	290	35.85
PASTA, SPAGHETTI	1/2 c	110	22.00
PASTA, SPAGHETTI W MEATBALLS	1/2 c	273	23.65
PASTA, SPAGHETTI w/MEATSAUCE	1/2 c	236	18.65
PASTA SALAD	1/2 c	370	28.77
PEA PODS, SNOW, FRESH	1/4 c	19	3.46
PEA PODS & CARROTS, FRESH	1/4 c	14	2.88

PEACHES	1/2 c	76	18.54
PEARS, DICED	1/2 c	89	22.27
PEAS, FROZEN	1/2 c	75	13.76
PEAS & CARROTS, FROZEN	1/2 c	38	8.10
PEPPERS, GREEN/RED/YELLOW	1/2 c	8	1.81
PINEAPPLE CHUNKS	1 c	131	33.89
PINEAPPLE TIDBITS	1/2 c	64	15.90
PINTO BEAN SALAD	1/2 c	73	13.23
PIZZA BAGELS, CHEESE MINI	4 ea	260	24.04
PIZZA BAGELS, CHEESE & TURKEY	4 ea	230	25.05
PIZZA, BIG DADDY 4 CHEESE	1 ea	370	36.01
PIZZA, BIG DADDY TURKEY/PEPPERONI	1 ea	370	36.01
PIZZA BITES, CHEESE/PEPPERONI	4 ea	271	29.10
PIZZA BOAT <i>(French Bread Pizza)</i>	1 ea	330	35.02
PIZZA, BUFFALO CHICKEN	1 ea	392	35.17
PIZZA, FRENCH BREAD	1ea	300	34.01
PIZZA, ROUND 5 "CHEESE	1 ea	340	43.00
PIZZA, SLICE CHEESE	1 ea	331	35.05
PIZZA, SLICE PEPPERONI	1 ea	330	35.02
PIZZA, STUFFED CRUST CHEESE	1 ea	255	27.09
PIZZA, STUFFED CRUST PEPPERONI	1ea	330	35.00
POPCORN CHICKEN	12 ea	355	35.77
POTATO, HASH BROWN PATTIE	1 ea	130	13.99
POTATO, HASH BROWN PATTIE	2 ea	260	27.97
POTATO, MASHED	1/2 c	68	15.38
POTATO, ROUNDS FROZEN	1/2 c	152	18.80
POTATO, SWEET POTATO FRIES	1/2 c	85	13.52
PRETZEL ROD, WG SOFT	1 ea	70	14.00
PUDDING, CANNED	4 oz	105	23.58
QUESADILLA, CHEESE	1 ea	330	39.98
QUESADILLA, CHICKEN	1 ea	320	38.04
RANCH DRESSING PACKET	12 gm	11	2.12
RAVIOLI, BEEF IN SAUCE	8 ea	265	30.63
REFRIED BEANS CANNED	1/2 c	182	33.67
REFRIED BEANS DRIED	1/2 c	140	24.99
RELISH	1 ea	10	2.63
SALAD DRESSING ASSORTED	1 tbsp	60	1.83
SALAD, TOSSED	1/2 c	18	3.55
SALSA	3 oz	30	6.00
SALSA & SOUR CREAM	2 oz ea	122	7.88
SANDWICH, AMERICAN SUB	1 ea	416	28.29
SANDWICH, GRILLED CHEESE	1 ea	376	28.52
SANDWICH, GRILLED TURKEY HAM	1 ea	359	26.91
SANDWICH, MEATBALL SUBMARINE	1 ea	391	37.65

SANDWICH, PEANUT BUTTER & JELLY	1 ea	582	50.81
SANDWICH, SUN BUTTER & JELLY	1 ea	546	51.21
SANDWICH, TOASTED TURKEY HAM & CHEESE	1 ea	321	26.52
SANDWICH, TOASTED CHEESE	1 ea	376	28.52
SANDWICH, TURKEY & CHEESE	1 ea	309	29.32
SANDWICH, TUNA SALAD	1 ea	304	34.41
SHAKE	1/2 c	461	69.10
SHREDDED LETTUCE, Iceberg	1 cup	8	1.60
SHREDDED LETTUCE, Leaf	1 cup	8	1.60
SHREDDED ROMAINE	1 cup	10	1.80
SLOPPY JOE	1 ea	282	34.67
SOFT PRETZEL ROD	1 ea	70	14.00
SOUP, LEMON CHICKEN	1 c	198	12.48
SOUP, LO MEIN	1/2 c	218	21.02
SOUP, PASTA E FAGIOLI	1 c	143	17.90
SOUP, POTATO	1 c	303	25.42
SOUR CREAM	1 oz	60	3.00
SPANISH RICE	1/3 c	94	19.11
SPINACH CHOPPED FROZEN	1/4 c	20	2.00
STRAWBERRIES, FRESH	1 c	46	11.06
STRAWBERRIES, FROZEN/SWEETENED/SLICED	1 c	245	66.10
STRING CHEESE STICKS	1 ea	61	1.01
SUNBUTTER	1 oz	177	6.20
SWEET POTATO CASSEROLE	1/2 c	131	16.74
SYRUP	1 tbsp	46	12.06
TACO SAUCE PACKET	9 gm	5	1.00
TACO, WALKING	1 ea	279	22.41
TENDER PEAS FROZEN	1/2 c	75	13.76
TOMATO SALAD	1/2 c	54	2.45
TOMATO SOUP	1 cup	120	21.00
TORTILLA CHIPS	1 ea	142	19.24
TURKEY CORN DOG	1 ea	255	36.50
TURKEY HOT DOG/BUN	1 ea	297	31.67
TURKEY SAUSAGE PATTIE	1 ea	55	1.00
TURKEY, SHREDDED BBQ ON A BUN	1 ea	343	49.36
TWIN BEEF TACOS	2 ea	313	20.43
WAFFLES, MINI, MAPLE	1 ea	340	71.01
WARM APPLE CRISP	1/2 c	255	49.55
WG 6" BREAD STICK	1 ea	80	16.00
WG CHEEZ-ITS CRACKERS	1 bag	101	14.17
WG GOLDFISH CRACKERS	1 bag	101	14.17
WHEAT BREAD SLICE	1 slice	71.3	13.23
WRAP, CHICKEN BREADED	1 ea	514	45.18
WRAP, CHICKEN BUFFALO	1 ea	514	53.18

WRAP, CHICKEN CRUNCHY	1 ea	513	45.13
WRAP, CHICKEN ITALIAN	1 ea	474	36.18
WRAP, TURKEY AND CHEESE	1 ea	511	49.35
WRAP, VEGGIE	1 ea	554	50.20
YOGURT, Fruit Flavored	4 oz	113	19.07