

HIGH SCHOOL LUNCH

Carbohydrate Information for Additional Food Items

Food Item	Serving Size	Grams of Carbohydrate
Asian Rice Bowls		
Orange Popcorn Chicken (no rice)	1 serving	21 g
Kung Pao Chicken (no rice)	1 serving	12 g
Teriyaki Chicken (no rice)	1 serving	6 g
Vegetable Fried Rice (Asian Rice Bowls)	1 cup	54 g
Chicken Box		
Breaded Chicken	1 serving	11 g
Spicy Potato Wedges	½ cup	19 g
Dinner Roll	2 oz	24 g
Cheeseburger Box		
Cheeseburger	1 serving	33.6 g
Spicy Potato Wedges	½ cup	19 g
Hamburger Box		
Hamburger	1 serving	32.6 g
Spicy Potato Wedges	½ cup	19 g
Hotdog w/ Bun & Spicy Potato Wedges		
Beef Hotdog	1 each	4 g
Hotdog Bun	1 each	29 g
Spicy Potato Wedges	½ cup	19 g
Spicy Chicken Patty Sandwich Box		
Spicy Chicken Sandwich	1 serving	48 g
Spicy Potato Wedges	½ cup	19 g
Chef Salad w/ Dinner Roll		

Chef Salad	1 serving	6 g
Dinner Roll	2 oz	24 g
Croutons	1 package	7 g
Chinese Chicken Salad w/ Dinner Roll		
Chinese Chicken Salad w/ Wonton Strips	1 serving	49 g
Dinner Roll	2 oz	24 g
Yogurt Parfait w/ Granola		
Yogurt Parfait	1 serving	47.8 g
Granola	2 oz	65.1 g
Spaghetti Meal w/ Cheesy Breadstick & Salad		
Spaghetti w/ Meat Sauce	1 cup	22.6 g
Cheesy Breadstick	1 each	17 g
Baked Macaroni & Cheese w/ Dinner Roll and Brownie Cup		
Baked Macaroni and Cheese	2/3 cup	34 g
Dinner Roll	2 oz	24 g
Brownie Cup	1 each	26.2 g
General Tso Chicken w/ Vegetable Fried Rice and Chocolate Chip Cookie		
General Tso Chicken	1 serving	23 g
Vegetable Fried Rice	½ cup	27 g
Chocolate Chip Cookie	1 each	27 g
Mixed Vegetables	½ cup	8.25 g
Chicken & Waffles		
Breaded Chicken	1 serving	11 g
Waffles	2 pcs	30 g
Syrup	1 each	31 g

RiBBQ Sandwich w/ Potato Wedges		
RiBBQ Sandwich	1 serving	69 g
Spicy Potato Wedges	½ cup	19 g
Bacon Western Cheeseburger w/ Baked Chips		
Bacon Western Cheeseburger	1 serving	43.9 g
Baked Chips	1 package	~23 g (varies)
Turkey Gravy Meal w/ Dinner Roll and Corn on the Cob		
Turkey with Gravy	1 serving	6 g
Mashed Potatoes	½ cup	18 g
Dinner Roll	2 oz	24 g
Corn on the Cob	1 each	17.9 g
BBQ Items		
BBQ Hamburger Patty w/ Knot Bun		
Hamburger Patty (3 oz)	1 each	0.6 g
Hamburger Knot Bun	1 each	31 g
BBQ Hotdog w/ Hotdog Bun		
Beef Hotdog	1 each	4 g
Hotdog Bun	1 each	27 g
Cookie		
Chocolate Chip Cookie	1 each	27 g
Fruit		
Mixed Fruit/Fruit Salad	½ cup	15g
Chips		
Baked Chips	1 package	~23 g (varies)