

## PRESCHOOL/ELEMENTARY SCHOOL LUNCH

### Carbohydrate Information for Additional Food Items

Food Item	Serving Size	Grams of Carbohydrate
Asian Rice Dishes		
Orange Popcorn Chicken (no rice)	1 serving	21 g
Teriyaki Chicken (no rice)	1 serving	6 g
Teriyaki Dippers	4 pcs	11.7 g
Vegetable Fried Rice	½ cup	27 g
White Rice	½ cup	37.4 g
Beef Soft Taco		
Taco Meat	1 serving	7 g
6" Flour Tortilla	1 each	15 g
Breaded Chicken Fillet Sandwich w/ Bun		
Breaded Chicken Patty	1 each	15 g
Hamburger Bun	1 each	22.4 g
Hamburger w/ Bun		
Hamburger Patty	1 each	0.5 g
Hamburger Bun	1 each	22.4 g
Marinara Meatballs w/ Garlic Knot Roll		
Marinara Meatballs	5 pieces	6.5 g
Garlic Knot Roll	1 each	25.9 g
Nacho Cheese Cup & Chips Meal		
Nacho Cheese Cup	1 each	14 g
Tortilla Chips	1 package	23 g
Sunflower Seeds	1 package	8 g
Sausage Patties w/ Pancakes, Belgian Waffle, or French Toast		
Sausage Patties	2 pcs	1.2 g
French Toast	1 pc	27 g
Pancakes	2 pcs	28 g

Belgian Waffle	1 pc	32 g
Seasoned Chicken with Buttered Noodles & Garlic Knot Roll		
Seasoned Chicken with Buttered Noodles	1 serving/1 cup	31.8g
Garlic Knot Roll	1 each	26g
Spaghetti w/ Cheesy Breadstick		
Spaghetti w/ Meat Sauce	1 serving/0.5 cup	17.2 g
Cheesy Breadstick	1 each	17 g
Yami Yogurt w/ Granola		
Yami Yogurt	1 serving	40 g
Strawberry Granola	1 package	41 g
Chocolate Granola	1 package	43 g
Chicken Nuggets w/ Dinner Roll		
Regular Nuggets	5 pcs	16 g
Heart Shaped Nuggets	3 pcs	15 g
Holiday Tree Shaped Nuggets	3 pcs	15 g
Animal Shaped Chicken Nuggets	3 pcs	15 g
Halloween Shaped Chicken Nuggets	3 pcs	15 g
Dinner Roll	1 oz	14 g
<b>BBQ Items</b>		
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	2 g
Hotdog Bun	1 each	27 g
Cookie		
Chocolate Chip Cookie	1 each	27 g
Fruit		
Mixed Fruit/Fruit Salad	½ cup	15g

