

INTERMEDIATE 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
Teriyaki Chicken (no rice)	1 serving	6 g
Vegetable Fried Rice (Asian Rice Bowls)	1 cup	54 g
White Rice (Asian Rice Bowls)	1 cup	74.8 g
Chicken Box		
Breaded Chicken	1 serving	5 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
Spicy Chicken Patty Sandwich Box		
Spicy Chicken Sandwich	1 serving	48 g
Spicy Potato Wedges	½ cup	19 g
Nacho Cheese Cup with Tortilla Chips		
Nacho Cheese Cup	1 each	6 g
Tortilla Chips	1 package	38 g
Taco Meat	1 serving	1.9 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/ Muffin		
Yogurt Parfait	1 serving	52.5 g
Muffin	1 each	38.5 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)