

## 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	1 each	24 g
Chicken w/ Buttered Noodles & Dinner Roll or Garlic Knot		
Chicken w/ Buttered Noodles	1 cup	31.8 g
Dinner Roll	1 each	24 g
Garlic Knot	1 each	26 g
Cheeseburger Box		
Cheeseburger	1 serving	33.6 g
Spicy Potato Wedges	½ cup	19 g
Chef Salad w/ Dinner Roll		
Chef Salad	1 serving	6 g
Dinner Roll	1 each	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	1 each	24 g
Creamy Tomato Chicken Pasta with Garlic Toast		
Creamy Tomato Chicken Pasta	1 CUP	32.2 g
Garlic Toast	1 each	14 g

Spicy Chicken Sandwich	1 serving	48 g
Spicy Potato Wedges	½ cup	19 g
Macaroni and Cheese w/ Dinner Roll or Garlic Knot		
Macaroni and Cheese	1-#6 scoop	32 g
Dinner Roll	1 each	24 g
Garlic Knot	1 each	26 g
Marinara Meatballs w/ Garlic Knot or Dinner Roll		
Marinara Meatballs	1 serving/7 pcs	7.1 g
Garlic Knot	1 each	26 g
Dinner Roll	1 each	24 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
Spaghetti & Meat Sauce w/ Cheesy Breadstick, Dinner Roll or Garlic Knot		
Spaghetti w/ Meat Sauce	1 cup	33.8 g
Cheesy Breadstick	1 each	17 g
Dinner Roll	1 each	24 g
Garlic Knot	1 each	26 g
Taco Meat with “Walking Taco” Doritos		
Taco Meat	1-#12 scoop	10.3 g
Walking Taco Doritos	1 package	28 g
Taco Meat with “Walking Taco” Frito Corn Chips		
Taco Meat	1-#12 scoop	10.3 g
Walking Taco Frito Corn Chips	1 package	24 g
Yogurt Parfait w/ Granola		
Yogurt Parfait	1 serving	47.8g
Granola	½ cup	31.8g

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		
Cool Tropics Fruit Slush	1 each	
Chips		
Baked Chips	1 package	~23 g (varies)
FRUIT		
<b>Canned Fruit</b>		
Applesauce	½ cup	14g
Diced Peaches	½ cup	14g
Diced Pears	½ cup	16g
Mixed Fruit	½ cup	15g
Sliced Peaches	½ cup	14g
<b>Fresh Fruit</b>		
Apples	1 each	13.9g
Apple Slices	1 package	7g
Bananas	1 each	23g
Grapes	½ cup	7.9g
Nectarines	1 each	13.6g
Oranges	1 each	13.1g
Peaches	1 each	14.3g
Pears	1 each	22.5g
Plums	1 each	7.5g
Strawberries	½ cup	5.5g
<b>Fruit Cups</b>		
Applesauce Cup	1 each	13.9g
Apricot Cup	1 each	25g

Mixed Berry Cup	1 each	20g
Peach Cup	1 each	19g
Strawberry Cup	1 each	22g
Jello Cup	1 each	19g
Mandarin Oranges Fruit Barrel Cup	1 each	17g
Pineapple Fruit Barrel Cup	1 each	18g