

# CARBOHYDRATE LIST FOR HIGH SCHOOL LUNCH MENU

Data is based on most up-to-date available to CNS. Ingredients are subject to change based on supplier availability, delivery schedule, etc.

All counts are in grams. Some menu items are separated out and color-coded accordingly.

<b>Lunch Choices</b>	<b>Carbohydrates (g)</b>
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## **Entrees**

Baked Potato w/Cheese & Broccoli	52
Beef-a-Roni	27.5
Big Daddy's Pizza Slice - Cheese	55
Big Daddy's Pizza Slice - Meat Lovers	50
Big Daddy's Pizza Slice - Pepperoni	56
Buffalo Chicken Chunks (4 count)	21
Cheesy Nachos w/Salsa	35
Cheese Quesadilla (1½ count)	
Chicken BBQ on Whole Wheat Hamburger Bun	32
Chicken Breast Nuggets (6 count)	12
Chicken Breast Filet Sandwich, <span style="color: orange;">regular</span> or <span style="color: blue;">spicy</span>	42 / 44
Chicken, Oven Baked	7
Chicken Tenders, regular or buffalo (4 count)	19
Chicken Wings, Spicy (5 count)	5
Colossal Cheeseburger	51
Corn Dog Nuggets (8 count)	39
Corn Dog, Turkey, each	28
Double Cheese Dippers w/ <span style="color: red;">Marinara Sauce</span>	58 (16)
Double Cheeseburger on Whole Wheat Hamburger Bun	33
Double Taco Deluxe w/Salsa, <span style="color: orange;">Chips</span> or <span style="color: blue;">Soft Shell</span>	30 (42)(42)
Fish Filet on Whole Wheat Hamburger Bun	39
Hot Dog in Bun (ea)	22
Lasagna Cheese Roll w/ Sauce and Cheese	26
Macaroni & Cheese, Land O Lakes	43
Max Cheese Sticks (4 count) w/ <span style="color: red;">Marinara Sauce</span>	60 (16)
Meatballs on Whole Wheat Hoagie Roll	39
Mozzarella Bread Sticks (4 count) w/ <span style="color: red;">Marinara Sauce</span>	64 (16)
Pizza, Branded Slice - Cheese	40
Pizza, Branded Slice - Pepperoni	39
Pizza, Branded Slice - Sausage	41
Spaghetti and Meatsauce	34
Salad with Chicken Tenders	29
Salad with Chicken Breast Nuggets	21
Salad with Breaded Chicken Breast	23
Sub, Meat and Cheese on proof and bake sub roll	~42
Sub, Meat, only, on proof and bake sub roll	~40
Turkey Pasta Salad	38
Turkey Salad on Plain Bagel	39
Wrap, Meat and Cheese on soft tortilla (each)	~26

## **Breads and Grains:**

Bagel, Plain	38
Biscuit, Plain	24
Breadstick, Garlic	11
Bun, Hamburger, whole wheat	24
Bun, Hamburger, 5" seeded	42
Bun, Hot Dog	19
Corn Muffin, each	43
Hoagie Roll - whole wheat	44
Roll, Honey Wheat Yeast	27
Sub Roll, proof and bake	38.5
Tortilla, soft, each	24
Sandwich Bread, Whole Wheat, Toast	10 / slice

## **Sides (per 1/2 cup serving) :**

Applesauce	14
Apples, Baked	37
Broccoli with Cheese	7

Broccoli, Seasoned	4.2
Beans, Baked	38
Beans, Green	5
Beans, Pinto	20
Carrots, Glazed	20
Carrots, Seasoned	6
Coleslaw	18
Corn	16
French Fries, Crinkle Cut	21 per 15 fries
French Fries, Shoestring	20 per 15 fries
French Fries, Straight Cut, Regular	20 per 15 fries
French Fries, Straight Cut, Spicy	20 per 15 fries
Lettuce, Tomato, Onion, Dills	4
Mixed Fruit	18
Peas, Black-eye	16
Peas, Green	10.7
Peaches, Sliced	18
Peach Cup, Individual	30
Pears, Sliced or Diced	18
Pineapple Tidbits	17
Raisins, 1.33 oz box (1/4 cup)	30
Salad, Tossed	2

### **Fresh Fruit:**

Apple, whole	19
Banana, whole	27
Grapes, 1/2 cup	14.5
Orange, whole	15

### **Juice:**

Apple (4 oz carton)	14
Grape (4 oz carton)	18
Orange (4 oz carton)	13

### **Milk:**

Skim (1/2 pint)	13
1% Chocolate (1/2 pint)	24
1% Strawberry (1/2 pint)	32
1% White (1/2 pint)	13
Diary Ease, Lactose Free, Fat Free (1/2 pint)	12

### **Condiments:**

Barbeque Sauce (pack)	4
Ketchup (pack)	3
Mustard (pack)	1
Mayonnaise (pack)	1
Honey Mustard (tablespoon)	2.5
Hot Sauce (pack)	1
Salad Dressing, French (pack)	3
Salad Dressing, Italian (pack)	2
Salad Dressing, Ranch (pack)	1
Tartar Sauce (pack)	2

