

# Lunch Carb Counts 2017-2018

Entrees		HS/MS Only	Vegetables		Fruit		
BBQ Rib Sandwich	39	Beefy Nachos	28	Au Gratin Potatoes	22	Apple Slices	7
Beef & Bean Burrito	38	BBQ Sandwich	42	Baked Beans	22	Applesauce	13
Bosco Sticks	34	Chef Salad	47	Broccoli	3	Banana	27
Spaghetti Sauce	5	Chicken Bowl	62	Caesar Salad	8	Mandarin Oranges	20
Calzone	35	Chicken Fajita (each)	20	California Blend	3	Mixed Fruit	13
Cheese Omelet	1	Ckn Salad Sandwich	41	Carrots with Dip	5	Orange Smiles	11
Cheese Pizza	33	Cold Cut Sub	35	Cauliflower	4	Peaches	14
Cheeseburger	28	Crispy Ckn Salad	49	Corn	18	Pears	16
Chef Salad	34	Crispy Ckn Wrap	54	French Fries	17	Pineapple	20
Goldfish Crackers (1)	14	Egg Salad Sandwich	30	Fresh Broccoli	3	Raisins	30
Chicken Alfredo	47	General Tso's Ckn	22	Glazed Carrots	10	Craisins	28
Chicken Drumstick	5	Ham & Cheese Sub	36	Grape Tomatoes	8	Grapes	15
Chicken & Noodles	47	Ham & Cheese Wrap	36	Gravy	1	Strawberry Kiwi Cups	22
Chicken Nuggets	14	Italian Chopped Salad	43	Green Beans	4	Slushies	26
Chicken Quesadilla	31	Italian Sub	35	Green Pepper Strips	5	<b>Dairy</b>	
Chicken Sandwich	41	Spicy Ckn Strips	16	Mashed Potatoes	15	Chocolate Milk	24
Chicken Strips	16	Parmesan Bread Stick	14	Mixed Green Salad	3	White Milk	12
Corn Dog	30	Spicy Ckn Wrap	46	Potato Smiles	20		
Fish Sticks	9	Turkey Club Wrap	54	Coleslaw	14	<b>Bread</b>	
Grilled Chicken	26	Turkey & Swiss Wrap	37	Black Bean Salad	28	Dinner Roll	15
Hamburger	26	Veggie Wrap	53	Potato Wedges	23	Breadstick	14
Hotdog	24	BBQ Chicken Pizza	38	Refried Beans	29	Biscuit	22
Macaroni & Cheese	46	Buffalo Ckn Pizza	28	Carrot Salad	30		
Meatball sub	27	HS Cheese Pizza	28	Tomato Salad	65		
Meatloaf Sandwich	34	HS Pepperoni Pizza	28	Broccoli Salad	62		
Pancake Wrap	18	Hawaiian Pizza	48	Rice & Veggie Bake	86		
P B & Jelly Sandwich	32	Meat Lovers Pizza	33	Salsa Rice	77		
Cheese Stick	1	MS Cheese Pizza	39	Oriental Vegetables	3		
Crackers	18	MS Pepperoni Pizza	39				
Pepperoni Pizza	33						
Popcorn Chicken	14						
Pulled Pork sandwich	43						
Sloppy Joe	35						
Spaghetti w/ Mt Sauce	46						rev. 8/18/17
Taco Bites	30						
Taco	24						
Turkey Sub	28						