

Carbohydrate Content Lunch Menu Items (updated 1/27/12)

Menu Name	Serving Size	Carb Value	School Level
Animal Crackers Treat	1-1 oz package	21	ES
Asian Orange Chicken Bowl	15 chix poppers, 2 oz sauce, 1 cup brown rice	62	MS/HS
Bagels:			
(2 oz - all flavors) w/ or w/o Cheese Pkt (String or Cream)	1 Bagel, 1 cheese packet	32	ES
Cream)	1 Bagel, 1 cheese packet	44	MS/HS
(3 oz - Raisin) w/ or w/o Cheese Pkt (String or Cream)	1 Bagel, 1 cheese packet	46	MS/HS
(3 oz - Whole Wheat) w/ or w/o Cheese Pkt (String or Cream)	1 Bagel, 1 cheese packet	42	MS/HS
Baja Fish Sticks	4 ea	21	HS
w/potato wedges	4ea, 3oz potato wedge	42	HS
w/biscuit	4 ea + 1 oz biscuit	33	ES/MS
w/ tator tots	4 ea, 3 oz tots	42	HS
BBQ Beef Sandwich	1 hamburger bun,	52	MS/HS
BBQ Chicken Sandwich	1 bun, 1 unbreaded chicken patty, 1/3 oz BBQ sauce	31	HS
BBQ Pork Sandwich	3.58 oz pulled pork, 3/4 oz BBQ sauce, 1 hamburger bun	34	ES/MS/HS
BBQ Turkey Carnitas Sandwich	4.35 oz turkey carnitas, BBQ Sauce, hamburger bun	44	MS
Beef Tips w/Gravy & Mashed Potatoes (ES)	2 oz beef tips in gravy, 4 oz m/potato	15	ES
Beef Tips w/Gravy & Mashed Potatoes (MS/HS)	3 oz beef tips in gravy, 4 oz m/potato	23	MS/HS
Bento Bowls:			
Beef w/Brown Rice	5 beef bites, 1 cup brown rice	28	HS
Beef w/Yakisoba Noodles	5 beef bites, 6 oz. noodles	80	HS
Chicken w/ Brown Rice	2 oz chix , 1 cup rice	21	HS
Chicken w/Yakisoba Noodles	2 oz chix, 6 oz noodles	72	MS/HS
Brunch for Lunch:			
w/ French Toast & Egg Patty	1 sl. toast + 1 egg patty	33	ES/MS
w/ French Toast Sticks & Egg Patty	3 sticks + 1 egg patty	34	ES/MS
w/ Mini Pancakes & Egg Patty	8 mini pancakes + 1 egg patty	31	ES/MS
w/Pancakes & Egg Patty	2-(4.25") pancakes + 1 egg patty	40	ES/MS
w/Belgian Waffle & Egg Patty	1 Belgian waffle + 1 egg patty	27	ES/MS
w/ French Toast & Sausage	1 sl. toast + 2 turkey sausage links	29	ES/MS
w/ French Toast Sticks & Sausage	3 sticks + 2 turkey sausage links	38	ES/MS
w/ Mini Pancakes & Sausage	8 mini pancakes + 2 turkey sausage links	35	ES/MS
w/Pancakes & Sausage	2-(4.25") pancakes + 2 turkey sausage links	27	ES/MS
w/Belgian Waffle & Sausage	1 Belgian waffle + 2 turkey sausage links	33	ES/MS
Buffalo Strips	3 ea	15	ES
Buffalo w/Biscuit	3 ea, 1 biscuit	28	ES
Buffalo w/ WW Breadstick	3 ea, 1 WW breadstick	33	ES/MS/HS
Buffalo w/WW Roll	3 ea, 1 ww roll	50	ES/MS
Buffalo Chicken Salad	Buffalo Chix Strips (2) /RomLett/Ched Cheese/ -	12	ES/MS/HS

Burritos:				
El Extremo - Fernandos	7 oz		63	HS
Cheese & Bean El Extremo - Fiesta	1 ea 4.5oz		40	
Bean & Cheese, Handmade	1 each		43	ES/MS
Bean & Cheese, Handmade	1 each		67	HS
Beef & Cheese, Handmade	1 oz beef, 1 oz cheese, 2 oz refried beans, 2 oz rice, 1-10" tortilla		60	ES
Beef & Cheese, Handmade	1 oz beef, 1 oz cheese, 3oz refried beans, 2 oz rice, 1-12" tortilla		76	MS
Beef & Cheese, Handmade	1.5 oz beef, 1 oz cheese, 4 oz refried beans, 2 oz rice, 1-12"		83	HS
Chicken & Cheese Handmade	1 each		54	HS
Turkey Carnitas, Handmade	1 each		46	MS/HS
Chicken Caesar Salad (ES)	2 oz chix, 2 oz rom lett, 1 oz dress, 1/4 oz crouton, 1/4 cheese		9	ES
Chicken Caesar Salad (MS/HS)	2 oz chix, 3 oz rom lett, 1 oz dress, 1/4 oz crouton, 1/4 cheese		10	MS/HS
Chicken Nuggets	4 ea (ES/MS), 5 ea (HS)		15/15/18	ES/MS/HS
Nuggets w/Cornbread			42/42/45	ES/MS/HS
Chicken Sandwich, Hot				HS
Crispy	1 bun, 1 breaded chicken patty		41	ES/MS/HS
Spicy	1 bun, 1 breaded chicken patty		41	ES/MS/HS
Unbreaded Chicken Breast (right one)	1 bun, 1 unbreaded chicken patty		31	HS
Chicken Strip Salad	2 pepper chix strips, 2 oz rom lett, 1 oz shred chse		12	ES
Chicken Strip Salad	2 pepper chix strips, 3 oz rom lett, 1 oz shred chse. ww crax		20	MS/HS
Chili	6 oz		27	ES/MS/HS
Chili w/cornbread	6 oz		54	ES/MS/HS
Chili Verde Pork Bowl	2 oz pork, 2 oz chili verde sauce, 4 oz rice		27	ES
Chili Verde Pork Bowl	2 oz pork, 2 oz chili verde sauce, 6 oz rice		38	MS/HS
Cookie, Fresh Baked				
chocolate chip	1 oz. cookie		18	ES/MS/HS
oatmeal raisin	1 oz. cookie		17	ES/MS/HS
sugar	1 oz. cookie		18	ES/MS/HS
Country Steak	1 Patty		17	ES/MS/HS
w/Mashed Potatoes & Gravy	1 Patty, 4 oz. mashed potatoes, 2 oz gravy		36	ES/MS/HS
Enchurrito	sauce		49	ES/MS
Fish Fun Fish Shapes	4 pcs		21	ES
w/Biscuit	1 biscuit		33	ES
w/ Whole Grain Breadstick	1 wg breadstick		39	ES
Fish Sandwich	1 bun, 1 breaded fish patty		45	HS
w/oven baked fries (stealth)	1 bun, 1 breaded fish patty, 3 oz fries		66	
w/oven baked wedges	1 bun, 1 breaded fish patty, 3oz wedges		64	
w/tots	1 bun, 1 breaded fish patty, 3 oz tots		66	
French Bread Pizza				ES/MS
Cheese Pizza (Best Express)	1 each			ES/MS
Three Cheese Pizza (Best Express)	1 each		32	
Pepperoni Pizza (Best Express)	1 each		32	ES/MS

French Dip Sandwich

1 hoagie bun, 2 oz philly beef steak, au jus

46

Fresh Deli Sandwich:				
Cheese	Sl.Chse	0	ES/MS/HS	
Egg Salad	3oz cup Egg/Mayo	7	ES/MS/HS	
Bread, sliced Whole Wheat	2 slices	28	ES/MS/HS	
Bread, sliced White	2 slices	40	ES/MS/HS	
Bread, Hoagie roll	1 Roll	42	ES/MS/HS	
Bread, Pocket	1 Pocket	24	ES/MS/HS	
Fresh Fruit Plate w/Yogurt	4 oz yogurt, 6 oz. fr. Fruit, 1 pkg. wheatsworth crax	54	HS	
Fruit & Yogurt Parfait	4 oz yogurt, 2 oz. fr. Fruit, 1 oz Granola	48	ES	
Fruit Frozen Treat (any flavor)	2.25 oz	15	ES	
Galaxy Pizza				
Cheese		32	ES	
Pepperoni		31	ES	
Goldfish Crackers Treat	3/4 oz pkg	14	ES/MS	
Goldfish Pretzels Treat	3/4 oz pkg	17	ES/MS	
Hamburger, ES	1 bun, 2 oz patty	29	ES	
Hamburger, MS/HS	1 bun, 3 oz patty	29	MS/HS	
Cheeseburger, ES	1 bun, 2 oz patty, 1 sl. cheese	29	ES	
Cheeseburger, MS/HS	1 bun, 3 oz patty, 1 sl. cheese	29	MS/HS	
Chipotle Burger	1 bun, 2 oz patty	29	MS/HS	
Chipotle w/Cheddar Cheese	1 bun, 2 oz patty	29	MS/HS	
Veggie Burger, Oregon Harvest	1 bun, 3 oz patty	29	MS/HS	
Veggie Burger, Spicy Anasazi	1 bun, 3 oz patty	29	MS/HS	
Hummus Plate	3 oz hummus, 1.5 oz flatbread, celery	34	ES/MS/HS	
Ice Cream Treat				
Fudge Bar	1 bar	16	ES	
Orange Dream Bar	1 bar	20	ES	
Layered Chicken Bowl	10 pop/chix, , 6 oz m/pot, 1 oz corn, 3 oz gravy, 1 oz shred chse	46	ES/MS/HS	
Macaroni & Cheese	6 oz	32	ES/MS/HS	
Maxx Cheese Breadsticks	2 each	28	ES/MS/HS	
Milk				
1% White Milk	8 oz.	11	ES/MS/HS	
Non-Fat Chocolate	8 oz.	22	ES/MS/HS	
Nachos				
Beef	1.5 oz beef, 2 oz chips, 3 oz cheese	31	ESMS	
Chicken (ES)		45	ES	
Beef	1.5 oz beef, 3 oz chips, 2 oz rice, 3 oz cheese, 4 oz beans	90	HS	
Chicken (HS)	1.5 oz chicken, 3 oz chips, 2 oz rice, 3 oz cheese, 4 oz beans	90	HS	
Orange Sesame Chicken Salad	3 oz chicken, 2 oz lettuce, 1/4 c. mand.orange, 2 oz orange-	32	ES	
Orange Sesame Chicken Salad	3 oz chicken, 3 oz lettuce, 1/4 c. mand.orange, 2 oz orange-	33	MS/HS	

Pasta Alfredo w/Chicken	5 oz pasta, 2.6 oz alfredo sauce, 2 oz diced chix	47	ES/MS/HS
Pasta w/Meat Sauce, ES, MS, HS	5 oz pasta, 6 oz meat sauce	52	ES/MS/HS
Peanut Butter & Jelly (PB & J) Sandwich			
w/ Grape Jelly	2.8 oz	56	HS
w/ Strawberry Jelly	2.8 oz	57	MS/HS
w/ Grape Jelly	4.8 oz		ES/MS/HS
w/ Strawberry Jelly	4.8 oz		ES/MS/HS
w/ Grape Jelly	5 oz	52	ES/MS/HS
Pepper Chicken Strips	3 strips	15	MS/HS
w/ WW Breadstick	3 strp + 1 brdstk	33	ES
w/WW Roll	3 strips, 1 ww roll	50	ES
Pizza, Slices (See French Bread Pizza also)			
Roadrunner Cheese Pizza	1 slice (1/10,1/8, 1/6)	35/45/45	ES/MS/HS
Roadrunner Hawaiian Pizza	1 slice (1/10,1/8, 1/6)	35/45/60	ES/MS/HS
Roadrunner Pepperoni Pizza	1 slice (1/10,1/8, 1/6)	30/40/50	ES/MS/HS
Roadrunner Vegetarian Pizza	1 slice (1/10,1/8, 1/6)	35/44/44	ES/MS/HS
Popcorn Chicken	10 pcs	17	ES/MS/HS
w/biscuit	10 pcs	30	ES/MS/HS
w/garlic cheese breadstick	10 pcs chix, 1 brdstk	35	ES/MS/HS
w/WW roll	10 pcs	52	ES/MS/HS
Popcorn Shrimp	15 pcs	14	HS
w/potato wedges	15pcs, 3oz potato wedge	35	HS
w/biscuit	15 pcs , 1 oz biscuit	26	ES/MS
w/ tator tots	15 pcs, 3 oz tots	35	HS
Pulled Pork Sandwich	3.58 oz pulled pork, 3/4 oz BBQ sauce, 1 hamburger bun	34	HS
Quesadilla (Turkey Sausage & Cheese)			ES/MS
Salads, Entrée :			
Buffalo Chicken Salad	2 Buffalo Chix Strips/RomLett/Ched Cheese	12	ES
Buffalo Chicken Salad	2 Buffalo Chix Strips/RomLett/Ched Cheese, WW Crax for MS/HS	20	MS/HS
Chef's Salad	Sl.Turkey/Sl.Ham or Turkey Ham/RomLett/HB Egg/Tomato/Cuke/Sl. Cheese/WW Crax/Olives	8	MS/HS
Chicken Caesar Salad	2 oz Fajita Chix, 1 cheese pkt,, 3 oz rom let, 1/4 oz parm chse, 1 oz croutons	9	ES
Chicken Caesar Salad	2 oz Fajita Chix, 1 cheese pkt,, 3 oz rom let, 1/4 oz parm chse, 1 oz croutons, 1 oz wheatsworth crax.	17	MS/HS
Chicken Caesar Pasta Salad	2 oz diced chix, 6 oz pasta, 1.5 oz spinach, 1.5 oz caesar dressing	55	MS
Taco Chicken Salad	1 ea	43	HS
Beef Salad	1 ea	45	HS

Sweet & Sour Pork Bowl	2 oz. pork, 4 oz sauce, p/a, carrot, brown rice	72	HS
Tacos:			
Beef Soft	1 each	22	HS
Chicken Soft	2	22	HS
Teriyaki Bowls:			
Beef Bites w/Brown Rice	4 beef bites, 1 cup brown rice	42	ES/MS
Chicken w/Brown Rice (ES)	2 oz Fajita Chix, 1/2 cup brown rice	27	ES
Chicken Bowl w/Brown Rice (Option HS)	2 oz chicken, sauce, brown rice	38	HS
Chicken w/Yakisoba Noodles	2 oz chicken, sauce, 6 oz noodles	72	MS/HS
Toasted Cheese Sandwich, (scratch)	2 sl. Ww bread, 3 sl. Cheese	72	ES/MS/HS
Turkey & Gravy + Mashed Potatoes	5 oz Turkey & Gravy + 6 oz mashed potato	28	ES/MS
Turkey Hot Dog	1 6" turkey frank, 1 wg hot dog bun	30	ES/MS/HS
Turkey Sausage & Cheese Quesadilla	1 ea.		26 ES/MS/HS