

Carbohydrate Content of Middle School Lunch Menu Items

Last update: 8.30.19

Menu Item Name	Serving Size	Carb Value	Fiber Value	Supper Program Menu Items:
Bento Entrees:				
General Tso's Chicken w/ Noodles	4oz Chicken and Sauce, 1 Cup Noodles	67	6	
Orange Chicken w/Noodles	4oz Chicken and Sauce, 1 Cup Noodles	55	6	
Sweet and Sour Chicken w/ Rice	4oz Chicken and Sauce, 1 Cup Rice	66	1	
Teriyaki Beef Bites w/ Rice	4 Beef Bites, 1 c. Rice	63	2	
Bosco Cheesesticks w/Marinara	2 Cheesesticks w/2TBS Marinara (4g Carb Marinara)	34	5	X
Burritos/Nachos/Tacos:				
Burrito, Individually Wrapped Los Cabos	1 Burrito - Bean and Cheese	48	7	X
Nacho Chicken & Cheese	2 oz WG Chips, 1oz Chicken, 3 oz Cheese Sauce	39	2	
Nacho Beef & Cheese	2 oz WG Chips, 1.75 oz Beef, 3 oz Cheese Sauce	41	3	
Nacho Bean & Cheese	2 oz WG Chips, 1/3 c. Refried Beans, 3 oz Cheese Sauce	55	8	
Taco, Chicken Soft	2 Flour Tortillas, 2.5oz Meat, Salsa	32	5	
Chicken/Turkey Entrees:				
All White Meat Chicken Nugget w/ Garlic Toast	5 Nuggets, 1 Slice Garlic Toast	26	2	X
Buffalo Chicken Tater Bowl	12 piece chicken, 3oz tater tots, 1/2oz cheese, breadstick	50	7	
Crispy Chicken Tater Bowl	10 piece chicken, 3oz tater tots, 1/2 oz cheese, breadstick	54	7	
Chicken and Waffles w/ Syrup Cup	3 Crispy Chicken Strips, 2 Waffle Sticks, Syrup Cup (21g for syrup)	56	6	
Chicken Drumstick w/ Roll and Potato Wedges	1 Chicken Drumstick, 1/2 Cup Wedges, 2oz Roll	57	6	
Chicken Tenders Crispy w/Garlic Toast	3 Strips of Crispy Chicken, 1 Slice Garlic Toast	28	4	X
Chicken Tenders Spicy w/Garlic Toast	3 Strips of Spicy Chicken, 1 Slice of Garlic Toast	28	4	X
Country Steak w/Mashed Potatoes & Gravy, 2oz Roll	1 Patty, 4 oz Potatoes, 2 oz Gravy, 2oz Roll	65	6	
Layer Chicken Bowl w/ 2oz Roll	10 pieces chicken, potatoes, cheese, corn, gravy and 2oz Roll	78	7	
Layer Buffalo Chicken Bowl w/ 2oz Roll	10 pieces spicy chicken, potatoes, cheese, corn, gravy and 2oz Roll	71	7	
Popcorn Crispy Chicken w/ Garlic Toast	10 pieces Chicken, 1 Slice Garlic Toast	32	4	X
Popcorn Spicy Chicken w/ Garlic Toast	12 pieces Chicken, 1 Slice Garlic Toast	29	4	
Corn Dog, Chicken, Whole Grain	1 Chicken Corn Dog	30	5	X
Zenner's Smoked Sausage	1 Zenner's Smoked Sausage, 1 Hot Dog Bun	32	2	
Deli Sandwiches:				
Turkey & Cheddar Cheese Sandwich	2 Slices WW Bread, 4 slices of turkey, 2 slices of cheese	28	4	X
Turkey & Cheddar Cheese Sandwich - Bagel	1 WW Bagel, 4 slices turkey, 2 slice cheese	33	3	X
Turkey & Cheddar Cheese Sandwich - Hoagie	1 Hoagie Bun, 4 slices turkey, 2 slices cheese	29	2	X
Turkey Ham & Cheddar Cheese Sandwich	2 slices WW Bread, 4 slices turkey ham, 2 slice cheese	29	4	X
Turkey Ham & Cheddar Cheese Sandwich - Bagel	1 WW Bagel, 4 slices turkey, 2 slice cheese	34	3	X
Turkey Ham & Cheddar Cheese Sandwich - Hoagie	1 WW Hoagie, 4 slices turkey ham, 2 slice cheese	30	2	X
Cheese Sandwich	2 slices WW Bread , 2 oz Cheese	28	4	X
Cheese Sandwich - Bagel	Bagel, 2 oz Cheese	33	3	X
Cheese Sandwich - Hoagie	WW Hoagie Roll, 2 oz Cheese	29	2	X
Turkey & Pepperjack Cheese Sandwich	2 slices WW Bread , 4 slices Turkey, 1 slice Cheese	28	4	

Turkey & Pepperjack Cheese Sandwich - Bagel	Bagel, 4 Slices of Turkey, 1 Slice Cheese	33	3	
Turkey & Pepperjack Cheese Sandwich - Hoagie	Hoagie, 4 Slices of Turkey, 1 Slice of Cheese	29	2	
Turkey, Turkey Ham & Cheddar Sandwich - Hoagie	2 Slices of Turkey Ham, 2 Slices Turkey, 1 Slice Cheddar, Hoagie	30	2	
Turkey Ham & Swiss Sandwich	2 Slices of WW, 4 slices of Turkey Ham, 1 Slice of Swiss Cheese	29	4	
Turkey Ham & Swiss -Bagel	Bagel, 4 Slices of Turkey Ham, 1 Slice of Swiss Cheese	34	3	
Turkey Ham & Swiss - Hoagie	Hoagie, 4 Slices of Turkey Ham, 1 Slice of Swiss Cheese	30	2	
Veggie Sandwich	Assorted Veggies, 4 Slices of Cheddar Cheese, 2 Slices of WW Bread	32	5	
Veggie Sandwich - Bagel	Assorted Veggies, 4 Slices of Cheddar Cheese, 1 Bagel	37	5	
Veggie Sandwich - Hoagie	Assorted Veggies, 4 Slices of Cheddar Cheese, 1 Hoagie Roll	33	4	
Turkey & Cheddar Wrap Sandwich	4 Slices of Turkey, 2 Slice Cheddar, Lettuce, 1 Tortilla	31	4	
Turkey Ham & Cheddar Wrap Sandwich	4 Slices of Turkey Ham, 2 Slice Cheddar, Lettuce, 1 Tortilla	30	4	
Buffalo Chicken Wrap Sandwich	2 strips Chicken, 3/4oz Cheese, Romaine Lettuce, Tortilla	41	6	
Crispy Chicken Wrap Sandwhich	2 strips Chicken, 1 Slice Cheese, Romaine Lettuce, Tortilla	40	6	
Hot Sandwiches:				
Chicken Crispy Sandwich	Chicken Patty, WW Hamburger Bun	44	5	X
Chicken Spicy Sandwich	Chicken Patty, WW Hamburger Bun	45	5	X
Chicken Filet Sandwich	Chicken Filet Patty, WW Hamburger Bun	44	4	
Hamburger	2oz Beef Patty, WW Hamburger Bun	28	3	
Hamburger w/Cheese	2oz Beef Patty, WW Hamburger Bun, .5oz Cheese Slice	28	3	X
Rib B Que Sandwich	Rib Patty, WW Hoagie Bun	42	4	
Toasted Cheese Sandwich	2 Slices WW Bread, 2 oz Cheese	29	2	
Pasta Entrees:				
Chicken Alfredo Pasta	1 c. Whole Grain Rich Pasta, 2.35oz Sauce, 2 oz Chicken	38	3	
Lasagna Roll w/Garlic Toast	1 Lasagna Roll w/Sauce, 1oz Garlic Toast	49	5	
Macaroni & Cheese w/1 oz Garlic Toast	1 serving Macaroni & Cheese, 1 Slice Garlic Toast	44	3	
Pasta w/Meat Sauce	1 c. Pasta, 6 oz Meat Sauce	37	5	
Peanut Butter & Jelly (PB & J) Sandwich				
Large Peanut Butter & Grape Jelly - Smucker's	1 Pre-wrapped PBJ - 5.3oz	64	7	
Large Peanut Butter & Strawberry Jam - Smucker's	1 Pre-wrapped PBJ - 5.3 oz	64	7	
Pizza:				
Pizza Rippers - Cheese	1 Square of pizza sticks	32	2	
Pizza Rippers - Pepperoni	1 Square of pizza sticks	27	4	
Roadrunner Pizza - Cheese	1 slice (1/8 of Pizza)	39	4	X
Roadrunner Pizza - Pepperoni	1 slice (1/8 of Pizza)	38	4	X
Salads/Hummus/Yogurt:				
Buffalo Chicken Salad, w/ Flatbread	2 strips Chicken, Romaine Lettuce, Cheese, 1 Slice Flatbread	40	6	
Buffalo Popcorn Chicken Salad, w/ Flatbread	12 pieces of Chicken, Romaine Lettuce, Cheese, 1/2 Slice Flatbread	32	5	
Caesar Salad w/Chicken w/Flatbread	2.5 oz Fajita Chicken, 3 oz Romaine Lettuce, 1/4 oz Cheese, Flatbread	30	4	
Crispy Chicken Salad w/ Flatbread	2 strips Chicken, Romaine Lettuce, Cheese, 1 Slice Flatbread	40	6	
Vegatarian Salad w/ Flatbread	Romaine Lettuce, Carrots, Cucumber, Tomato, Flatbread, Cheese	35	5	
Yogurt & Granola	8oz Yogurt, 2oz Granola (2 packages)	76.5	4	
Meal Components and Condiments				
Breads:				
Garlic Toast	1 oz piece of toast	12	1	

Flatbread	Square Flat Bread	26	2	
2oz Wheat Roll	2 oz Square Roll	30	3	
Condiments:				
BBQ	2 TBS - Heinz Pump	9	1	
Ketchup	2 TBS - Heinz Pump	10	0	
Mayo	2 TBS - Heinz Pump	0	0	
Ranch	2 TBS - Heinz Pump	1	0	
Italian Dressing	2 TBS - Hidden Valley	8	0	
Cookies:				
Cookie, Brownie	1 Cookie	17	1	
Cookie, Chocolate Chip	1 Cookie	18	1	
Cookie, Rainbow Candy	1 Cookie	17	1	
Milk				
White 1% Milk	8oz Cup	13	0	
Chocolate Non-Fat Milk	8oz Cup	22	0	