

Lunch Entrees Nutrient Info

Food Item	Serving Size	Carbohydrate Grams
Asian Bowl	1 Serving	34.4
BBQ Turkey on a WG Bun	K-12 Sandwich	32.70
Bean Tostada	1 serving	22.50
Bean and Cheese Burrito	1 Burrito	33.10
Beef & Bean Burrito	1 Burrito	42.50
Beef Hard Taco	1 taco	9.50
Calzone	1 Serving	30.00
Cheese Burger with WG Bun	1 serving	26.09
Cheese Ravioli With Marinara Sauce	Ages PK-8 7 pieces	29.00
	9-12: 14 pieces	48
Chicken Alfredo	K-8	26.00
Chicken Lo Mein	1 serving	57.00
Chicken Fajita	1 fajita	20.30
Chicken Patty on a Bun	1 Sandwich	40.00
Chicken Pot Pie	1 Serving	41.00
Chicken Quesadilla	1 Serving	15.1
Chicken Soft Taco	1 taco	20.80
Chicken Tacos	2 tacos	43.33
Chicken Tenders	K-8	14.00
	9-12th	14.00
Chicken Teriyaki k-12	1 Serving	14.21
Chicken, BBQ	1 Serving	6.31
Chili & baked potato	1 Serving	50.60
Chili Dog	1 Each	33.40
Curry Lentils	1/2 cup	22.35
Dhal	1/2 cup	19.86
Egg Salad Sandwich	1 sandwich	31.50
Empanada	1 Each	27.90
Enchiladas	1 Serving	22.00
Fish Tacos (baked fish fillet)	2 tacos	64.19
Green Chili	1 serving	2.04
Ham Sliced	1 serving	1.00
Hot Ham & Cheese on Bun	1 sandwich	27.29
Hamburger on a whole grain bun	1 Sandwich	20
Ham Submarine Sandwich	1 sandwich	27.00
Hot Dog (turkey) on a whole grain bun	1 serving	28.00
Italian Sub	1 serving	27.00
Lasagna with Meat Sauce	1 serving	20.5
Mac & Cheese	1 cup	47.1
Meatball Sub	one of each	35.60

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