

<b>LUNCH MENU CALORIE / CARBOHYDRATE COUNTS</b>									
<b>1% WHITE MILK</b>	<b>110 cal.</b>	<b>13g carb.</b>							
<b>SKIM CHOCOLATE MILK</b>	<b>130 cal.</b>	<b>24g carb.</b>		<b>SOY MILK</b>	<b>150 cal.</b>	<b>18g carb.</b>			
<b>MAIN DISH</b>	<b>Serving Size</b>	<b>ELEMENTARY</b>		<b>Serving Size</b>	<b>MIDDLE SCHOOL</b>		<b>Serving Size</b>	<b>HIGH SCHOOL</b>	
		<b>CALORIE</b>	<b>CARB.</b>		<b>CALORIE</b>	<b>CARB.</b>		<b>CALORIE</b>	<b>CARB.</b>
BBQ BEEF/PORK ON A BUN	1	218	28.37g	1	237.3	30.82g	1	276	35.73g
BEEF STEW	3/4 c.	283	11.4g	1 c.	298	12.8g	1 c.	298	12.8g
BEAN & CHEESE BURRITO	1	200	44g	1	304	57g	1	304	57g
with cheese/salsa sauce	1	45	7.9g	1	45	7.9g	1	45	7.9g
BIEROCKS	1	239.5	43.4g	1	239.5	43.4g	1	334	43.34g
BEENIE WEENIES	1/2 cup	204	19.4g	3/4 cup	306	29.1g	1 cup	408	38.8
CAVATINI	3/4 c.	343.5	18.83g	3/4 c.	343.5	18.83g	1 c.	458	25.1g
CHEESY BURRITO	1	332		1				332	
BEEF,BEAN,CHEESE BURRITO	1	360	40g	1	360	40g	1	360	40g
CHEESE BURGER	1	317.5	21.45	1	317.5	21.45	1	317.5	21.45
CHICKEN BREAST/GRILLED	1	140	N/A	1	140	N/A	1	187	N/A
CHICKEN DRUMMIES	3	140	7g	3	140	7g	3	140	7g
CHICKEN FAJITA	1	226	20g	1	261	21g	1	261	21g
CHICKEN -- OVEN FRIED	3 oz.	197	11.9g	3oz.	197	11g	4 oz.	244	11g
CHICKEN NUGGETS	4 piece	184	8.8g	5 piece	230	11g	5 piece	230	11g
CHICKEN & NOODLES	3/4 c.	196.5	21.57g	1 cup	262	28.77g	1 cup	262	28.77g
CHICKEN PARMESAN	3 oz.+3/4 c.	328	24.5g	3 oz. +3/4 c.	328	24.5g	3 oz.+1 c.	348	28.2g
CHICKEN STRIPS	3 piece	230	10g	3 piece	230	10g	4 piece	306.6	13.33g
CHICKEN TETRAZZINI	3/4c.	274	20.11g	3/4c.	274	20.11g	1 cup	365	26.81
CHILI	3/4 cup	240	13.3g	1 cup	257	12.2g	1 cup	257	12.2g
CHILI BURRITO	1/4 c. + 1	347	43.43g	1/4 c.+1	360	43.43g	1/3 c.+1	366	57.9
CHILI DOG	1/4 c. + 1	344	22.05	1/4 c.+1	344	22.05	1/3 c.+1	365.66	23.06g
CHILI NACHOS	1/2 cup+1 oz.	251	22g.	1/2 cup+1 oz.	251	22g	3/4cup+1 oz.	285.75	26g
with cheese sauce	1	45	7.9g	1	45	7.9g	1	45	7.9g
CORN DOGS--Regular	1	280	32g	1	280	32g	1	280	32g
Mini	5 piece	158.33	20.85g	5 piece	158.33	20.85g	6 piece	230	25g
CREAMED CHICKEN & RICE	2/3c .& 1/3c.	237.66	27.05g	2/3 c. & 1/3c.	237.66	27.05g.	3/4 c. & 1/2 c.	292	29.83g
CREAMED CHICKEN & POTATOES	2/3 c. & 1/3 c.	211	19.33g	2/3 cup & 1/3 c.	211	19.33g.	3/4 c. & 1/2 c.	252	21.5g
CREAMY ENCHILADA	1 piece	410	26.9g	1 piece	410	26.9g	1 piece	410	26.9g
CRISPITOS	1	220	22g	1 piece	220	22g	2 piece	440	44g
with cheese sauce	1	45	7.9g	1	45	7.9g	1	45	7.9g

EGG ROLL--Pork	1 roll	170	20g	1 roll	170	20g	2 roll	340	40g
Chicken	1 roll	270	30g	1 roll	270	30g	1 roll	270	30g
FISH	3 piece	202.7	16g	1				270	
GRILLED CHEESE	1--2 slice	220	25.1	1-- 3 slice	282	26.1	1--- 3 slice	282	26.1
GRILLED CHICKEN	3 oz.	140	0g.	3oz.	140	0g.	4 oz.	186.66	0g.
GRILLED CHICKEN / BUN	3 oz. / 2 oz.	300	21.05g.	3 oz./ 2oz.	300	21.05g	3 oz./ 2 oz.	300	21.05g.
GORDITO-CHIPOLTE CHICKEN	1 pkg.	270	35g	1 pkg.	270	35g.	1 pkg.	270	35g.
HAMBURGER	1 sandwich	300	21.05g	1 sandwich	300	21.05g	1 sandwich	300	21.05g
HAMBURGER STEW	3/4c.	273	11.4g	1 cup	298	12.8g	1 cup	298	12.8g
HOT DOG	1	280	18g	1	280	18g	1	280	18g
<b>MENU ITEMS CONTINUED...</b>									
<b>MAIN DISH</b>									
HAM ON WHOLE WHEAT BUN	1 sandwich	270	22.25g	1 sandwich	270	22.25g	1 sandwich	310	32.78g
HOT HAM/CHEESE on a WW. BUN	1 sandwich	287	26.25g	1 sandwich	287	26.25g	1 sandwich	317	30g
HUNTINGTON CHICKEN									
LASAGNA	1 piece	285	23.29g	1 piece	316	23.96g	1 piece	316	23.96g
MACARONI & CHEESE	3/4 c.	270	23.28g	1 cup	360	35.9g	1 c.	360	
MEATBALL SUB	3 piece +1/2 bun	250	31.5g	4 piece + bun	280	36.2 g	5 piece + bun	310	37 g
PBJ UNCRUSTABLE	2.6 oz.	300	32g	2.6oz.	300	32g	2.6 oz.	300	32g
PIG IN A BLANKET	1	260	15.56g	1	260	15.56g	1	260	15.56g
<b>PIZZA</b> -----Cheese	1 piece	300	37g	1 piece	300	37g	1 piece	300	37g
Fiestada	1 piece	410	38g	1 piece	410	38g	1 piece	410	38g
Pepperoni	1 piece	294	35g	1 piece	294	35g	1 piece	294	35g
Sausage	1 piece	280	35g	1 piece	280	35g	1 piece	280	35g
French Bread Saus./Pepp.-MSHS	NA			1 piece	310	34	1piece	310	34g
Stuffed Crust Pepperoni	NA			1 piece	390	45g	1 piece	390	45g
PORK CARNITA on WG Bun	1 serving	295	22	1 serving	295	22g	1 sereving	340	22g
RAVIOLI	3/4 c.	172.5	20.25g	1 c.	230	27g	1 c.	230	27g
SALISBURY STEAK	1 piece	150	2g	1	150	2g	1	150	2g
SLICED TURKEY	2 oz.	73		3 oz.	109.5		3 oz.	109.5	
SLOPPY JOE	1 sandwich	313	34.57g	1 sandwich	448	51.31g	1 sandwich	448	51.31g
SOFT TACO	1	301	21.4g	1	372	19.2	1	372	19.2
STIR FRY-CHICKEN(Rice Separate)	1	136		1	180		1	180	
SMOKIES	4 piece	126.66	2g	4 piece	126.66	2g	5 piece	158.33	2.5g
SPAGHETTI (MSHS-sauce+pasta)	3/4 c.	308	22.98	1/2 c.+ 1/2 c.	317.75	17.55g	1/2 c.+3/4 c.	338	25.5g
TACO CASSEROLE	3/4 c.	435	43.4g	3/4 c.	376	36.45g	1 c.	501	48.6g







<b>FRUITS AND VEGETABLES</b>	<b>Serving Size</b>	<b>ELEMENTARY</b>		<b>Serving Size</b>	<b>MIDDLE SCHOOL</b>		<b>Serving Size</b>	<b>HIGH SCHOOL</b>	
		<b>CALORIE</b>	<b>CARB.</b>		<b>CALORIE</b>	<b>CARB.</b>		<b>CALORIE</b>	<b>CARB.</b>
APPLE	1/2 pc.	47.5	12.55g	1/2 pc	47.5	12.55g	1/2 pc.	47.5	12.55g
HOT BUTTERED	1/2c.	94.5	15.9g	1/2c.	94.5	15.9g	1/2c.	94.5	15.9g
APPLESAUCE	1/2 c.	52	13.8g	1/2 c.	52	13.8g	1/2 c.	52	13.8g
BAKED BEANS	1/2 c.	154	30.15g	1/2 c.	154	30.15g	1/2 c.	154	30.15g
BAKED POTATO	1/2 piece	112	25.4g	2-Jan	112	44.5g	1/2 or 1 whole	196	44.5g
BANANA-medium sized	1/2pc.	53	13.5g	1	105	26.9g	1	105	26.9g
BANANA,PINEAPPLE,CRAISINS	3 oz.	52.5	13.67g	3 oz.	52.5	13.67g	3 oz.	52.5	13.67g
BLACK BEANS	1/4 cup	50	9.5g	1/4 cup	50	9.5g	1/4 cup	50	9.5g
BLACK BEAN SALSA	1/4 cup	81	8.74g.	1/4cup	81	8.74g.	1/4 cup	81	8.74g.
BROCCOLI--cooked	1/2 c.	15	2.86g	1/2 c.	15	2.86g	1/2c.	15	2.86g
BROCCOLI / with Cheese	1/2c.	82.5	13.35g	1/2 c.	82.5	13.35g	1/2 c.	82.5	13.35g
BROCC / CAULIFLOWER--FRESH	1/2 c.	17	3g	1/2 c.	17	3g	1/2 c.	17	3g
BROCCOLI NORMANDY	1/2c.	15	2.55g	1/2c.	15	2.55g	1/2 c.	15	2.25g
BUTTERED POTATOES	1/3c.	59	8.0g	1/3 c.	59	8.0g	1/3 c.	59	8.0g
CANTALOUPE	1/2 c.	26.5	6.35g	1/2 c.	26.5	6.35g	1/2 c.	26.5	6.35g
CARROTS----glazed	1/2c.	67.5	10.05g	1/2c.	67.5	10.05g	1/2c.	67.5	10.05g
CARROTS----mini--fresh	4	14	3.3g	4	14	3.3g	4	14	3.3g
CARROTS/CELERY/BROCCOLI	4 / 1pc. / 1/4 c.	24	4.8g	same	24	4.8g	same	24	4.8g
CORN	1/2c.	66	14.82g	1/2 c.	66	14.82g	1/2 c.	66	14.82g
CORN / PEAS	1/2c.	112	12.61	1/2c.	112	12.61	1/2 c.	112	12.61
CORN / BLACK BEANS	1/2c.	199	37.6g	1/2c.	199	37.6g.	1/2c.	199	37.6g
CORN & BLACK BEAN SALSA	1/4 cup	81	8.74g.	1/4 cup	81	8.74g.	1/4 cup	81	8.74g.
CELERY	1 piece	3	na	1	3	na	1	3	na
CELERY with Peanut Butter	1 piece	74	2.4g.	1	74	2.4g.	1	74	2.4g.
COLE SLAW	1/4c.	48	5.4g	1/3c.	79	8.9	1/3c.	79	8.9g
CREAMED POTATOES	1/3c.	54	8.2g.	1/3c.	73	9.3g.	1/2 c.	73	9.3g.
GARBONZO BEANS	1/4 cup	70	10g	1/4 cup	70	10g	1/4 cup	70	10g.
GRAPES	1/2 cup	55	14.2	1/2 cup	55	14.2	1/2 cup	55	14.2
GREEN BEANS	1/2 c.	17	3.9g	1/2 c.	17	3.9g	1/2 c.	17	3.9g
JUICE-----VARIETY	4 oz.	62.5	14.75g	4 oz.	62.5	14.75g	4 oz.	62.5	14.75g
KIDNEY BEANS	1/4 cup	65	17g.	1/4 cup	65	17g	1/4 cup	65	17g

KIWI	1+1/4 pc.	57.5	14g	1+1/4 pc.	57.5	14g	1+1/4 pc.	57.5	14g
LETTUCE LEAF	1	6	NA	1	6	NA	1	6	NA
LETTUCE / TOMATO	3/4 c.	10	2.1g	N/A		N/A			
LETTUCE / TOMATO / CHEESE	3/4 C.	40	2.2g	NA			NA		
MASHED POTATOES	1/4 cup	30	6.5g	1/3 cup	40	8.66g	1/2 cup	60	13g
MIXED FRUIT CUP	1/2c.	80	20g	1/2c.	80	20g	1/2 cup	80	20g
MIXED VEGETABLES	1/2c.	44	8.7g	1/2c.	44	8.7g	1/2 cup	44	8.7g
ORANGE	5 slices	52	12.83	whole	62.4	15.4	whole	62.4	15.4
ORANGES / PINEAPPLES	1/2 c.	42	11g	1/2 c.	42	11g	1/2 c.	42	11g
ORIENTAL VEGETABLE	1/3c.	32		1/3c.				32	
PEACH 1/2	N/A			2	70	28g	2	70	28g
PEACH SLICED / DICED	1/2 cup	60	16.2	1/2 cup	60	16.2	1/2 cup	60	16.2
PEARS 1/2	1/2 cup	60	14g	1/2 cup	60	14g	1/2 cup	60	14g
PEAR SLICED/ DICED	1/2 c.	80	20g	1/2 c.	80	20g	1/2 c.	80	20g
PEARS / CANTALOUPE	1/2 cup	42	14.8g	1/2 cup	42	14.8g	1/2 cup	42	14.8g
PEAS	1/2 c.	58	10.4	1/2 c.	58	10.4g	1/2 c.	58	10.4g
PINEAPPLE	1/2 c.	90	24g	1/2 c.	90	24g	1/2 c.	90	24g
PINEAPPLE / BANANAS	1/2 cup	78.75	20.5g	1/2 cup	78.75	20.5g	1/2 cup	78.75	20.5g.
<a href="#"><u>MENU ITEMS CONTINUED...</u></a>									
<b><u>FRUITS AND VEGETABLES</u></b>									
PINEAPPLE SLICES	3	90	24g	3	90	24g	3	90	24g
<b><u>POTATOES--OVEN STYLE</u></b>									
NATURAL CRISP	2oz.	113	11.33g	2 1/2 oz.	141.66	14.16g	3 oz.	170	17g
SAVORY FRIES	2oz.	93	13.33g	2 1/2 oz.	117	16.66	3oz.	140	20g
SAVORY WEDGE	2oz.	87	14g	2 1/2 oz.	108.33	17.5g	3 oz.	130	21g
SHOESTRING	2oz.	87	12.66g	2 1/2 oz.	108.33	15.83g	3 oz.	130	19g
POTATO GEMS	2 oz.	113.33	12.66g	2 oz.	113.33	12.66g	3 oz.	170	19g.
POTATO MIX-SWEET/KRINKLE	2oz.	117	17g.	2 1/2 oz.	145.83	21.25g.	3 oz.	175	25.5g
TRI TATOR	1	90	11g	1	90	11g	1	90	11g
BAKED POTATO	1/2 potato	139	31.6G	1/2 potato	139	31.6g	1	161	36.6g
POTATOES / GRAVY-chicken	1/4c+ 1/8c.	50	11.5	1/3 c./ 1/4c.	60	13.66	1/2 c.	86	13.01
POTATOES / GRAVY-country	1/4c+ 1/8c.	70		1/3 c+1/4 c.	80		1/2 c.	100	
POTATO SOUP	3/4 c.	126	13.58g	3/4 c.	126	13.58g	1 c.	168	18.1g
REFRIED BEANS	1/2c.	140	23g	1/2c.	140	23g	1/2c.	140	23g
SALAD/ ICEBURG	1/2 c.	3.75	.75g	1/2 c.	3.75	.75g	1 c.	7.5	1.5g
SALAD /ROMAINE	1/2 C.	4	.8g	1/2 C.	4	.8g	1 c.	8	1.6g

SCALLOP POTATOES	1/3c.	73.33	14.66g	1/3c.	73.33	14.66g	1/3 c.	73.66	14.66g
STRAWBERRIES / BANANAS	1/2c.	105	27.83g	1/2c.	105	27.83g	1/2c.	105	27.83
STIR FRY VEGETABLES	1/3c.			1/3c.					
TROPICAL FRUIT	1/2c.	90	21g	1/2c.	90	21g	1/2 c.	90	21
TOMATO SLICE	2	6	1.2g	2	6	1.2g	2	6	1.2g
TOMATO SOUP	1/2 cup	45	10g	1/2 cup	45	10g	1 cup	90	20g
WATERMELON	1	43	10.7g	1	43	10.7g	1	43	10.7g
YAMS	1/4 cup	105	26g	1/4 cup	105	26g	1/4 cup	105	26g
<b>All canned fruits are packed in their own juice or light syrup.</b>									
<b>There is no additional salts added, to the above items, during or after cooking. With the exception of those that have a recipe.</b>									
<u><a href="#">MENU ITEMS CONTINUED...</a></u>									
	<u>Serving Size</u>			<u>Serving Size</u>					
		<u>ELEMENTARY</u>						<u>M.S.--H.S.</u>	
<b><u>DESSERTS</u></b>									
Chocolate Pudding	1	129	19.21g.	1	129	19.21g.	1	129	19.21
Chocolate Pudding----Diabetic	1	40		1				40	
CRISP----Honey Apple	1 pc.	181	31.07g	1 pc.	181	31.07g	1 pc.	181	31.07g
Peach				1					
Diabetic Peach									
Pumpkin Chiffon Pie	1	249		1				249	
Pumpkin Chiffon Pie--Diabetic	1	231		1				231	
<b><u>CAKES</u></b>									
Beetnik	1pc.	260	28.6g	1pc.	260	28.6g	1pc.	260	28.6g
Featherlite Coffee Cake	1pc.	192	28.1g	1pc.	192	28.1g	192	185	28.1g





