

Middle Schools - Lunch Menu

Carbohydrate Count

Menu and Counts Subject to Change/See Your School Nurse for Updated Monthly Carb Counts

Menu Item – Entrée	Serving	Carbs
Bean and Cheese Burrito	Each	40
Ultra-Spicy Bean & Cheese Burrito	Each	41.28
Beef Soft Taco	2 Each	32.44
Beef Nachos	Each	50.24
Turkey Taco Pocket	Each	30.9
Chicken Fajita Tacos	2 Each	30.03
Orange Chicken Rice Bowl	Each	52.65
Kung Pao Chicken Rice Bowl	Each	45.25
Chicken Rice Bowl w/Cilantro	Each	46.39
Spicy Chicken Tenders (7 th -8 th)	3 Pieces	16.19
Spicy Chicken Wrap	Each	50.38
Spicy Chicken Sandwich (7 th -8 th)	Each	43.16
Italian Sub Sandwich	Each	26.19
Beef Philly Cheese Sandwich	Each	33.53
Meatball Sub w/Mozzarella	Each	28.09
Tuna Sandwich	Each	33.71
Turkey & Cheese Sandwich	Each	29.83
Beef Cheeseburger	Each	29.1
BBQ Pork Rib Sandwich	Each	38.15
Turkey Hotdog on WG Bun	Each	27.87
Hot Link on a Bun	Each	27.88

Menu Item – Entrée Cont.	Serving	Carbs
Big Daddy's Cheese Pizza (7 th -8 th only)	Slice	35.96
Big Daddy's Pepperoni Pizza (7 th -8 th)	Slice	34.97
Big Daddy's Buffalo Chicken Pizza (7 th -8 th)	Slice	35
Big Daddy's Four Meat Pizza (7 th -8 th)	Slice	36
Yogurt Parfait	Each	48.29
PB&J Meal – Jamwich, cheese stick, cracker	Each	49.51
PB & J Jamwich	Each	34.5
Salad Entrée Choices	Serving	Carbs
Chef Salad Chicken & Large Sun Chips	Each	36.86
Chef Salad Chicken	Each	8.86
Chef Salad w/Turkey Ham & Large Sun Chips	Each	36.12
Chef Salad w/Turkey Ham	Each	8.12

Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database, standardized recipes and manufacturer's specification sheets. These results should be viewed as a general nutrition guide and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, substitutions, recipe compliance and manufacturer's ingredients.

Menu Item – Sides	Serving	Carbs
Brown Rice	Serving	18.5
Veggie Fried Rice	½ C	24
Yogurt (4 oz.)	Each	19
Cheese Stick Mozz.	Each	1
Cheese Stick, Cheddar	Each	0
Baked Chips	Bag	14.03
Sun Chips – large bag	Bag	28
Goldfish Cracker	Bag	14
Taco or Tartar Sauce	Each	1
Ranch	Each	0.86
BBQ Sauce	Each	4.26
Ketchup	Each	2.7
Mustard	Each	0.29
Mayo	Each	0.0
Sweet & Sour Sauce	Each	5
Milk	Serving	Carbs
1% White Milk	Carton	16
Nonfat Chocolate	Carton	21

Fruit & Vegetable's	Serving	Carbs
Fresh Apple Slices	½ C	13.16
Fresh Orange Slices	½ C	15.39
Fresh Banana	Each	26.95
Craisins	Pkg.	28
Applesauce Cup	Each	14.64
Juice, Veggie	Each	11
Juice, 100% Fruit	Each	16
Rosati Frozen Cup	Each	25
Fruit Cup Nu Health	Each	34.88
Canned Corn	½ C	20.41
Green Salad	1 C	2.04
Lettuce Shreds & Diced Tomato	¾ C	2.82
Pinto Beans	½ C	15
Baked Beans	½ C	25.66
Refried Beans	½ C	24.62
Baby Carrots	½ C	6.13
Baked Potato Wedge	½ C	18.6
Broccoli & Carrot Mix	½ C	3.77
Sweet Potato Fries	½ C	12.96
Green Beans	½ C	4

Please contact your School Cafeteria Manager, School Nurse, or TRUSD Nutritionist for most current nutrient facts.

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