

# Middle & High School - Lunch Menu

## Carbohydrate Count

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

Menu Item - Entree	Serving	Carbs
Asian Bowl Kung Pao Chicken Rice Bowl	1 C	45.25
Asian Bowl Orange Chicken Rice Bowl	1 C	52.65
Beef Hamburger on Bun	Each	25
Beef Soft Taco	2 Each	32.44
Burrito, Bean and Cheese	Each	40
Burrito, Chicken & Cheese	Each	33
Burrito, Ultra Spicy Bean & Cheese	Each	41.28
Cheese Bread Sticks (served with soup)	2 Each	34
Campbell's Soup – Tomato	7 oz.	17.86
Campbell's Soup – Chicken Noodle	7 oz.	4
Cheeseburger, 100% Beef on Bun	Each	28.1
Chef Salad, Chicken	Each	8.86
Chef Salad, Turkey Ham	Each	8.12
Chicken & Rice Southwest Bowl with Cilantro	Serving	46.39
Chicken Drumstick & Mashed Potatoes with Gravy	Serving	26.5
Chicken Fajita Tacos with Cheese	2 Each	30.9
Chicken Marinara with Penne Pasta	1 C	55.11
Chicken Sandwich	Each	41
Chicken Wrap – Spicy Chicken, Lettuce & Tortilla	Each	50.38
Fish Sandwich	Each	39
Italian Sub Sandwich on Hoagie Roll	Each	26.19
Meatball Sub with Mozzarella Cheese	Each	24.65
Mish Mash Bowl, Popcorn Chicken & Potato	Each	43.45
Nachos, Beef & Cheese on WG Tortilla Chips	Each	50.24
PB&J Jamwich	Each	34
Philly Cheese Beef Steak Sandwich on Hoagie	Each	33.53
Turkey or Turkey Ham Sandwich with Cheese	Each	30

Menu Item – Entrée	Serving	Carbs
Beef Chili Beans – Served with Tortilla Chips	½ C	28.06
Tortilla Chips	Each	38.47
Pizza, Buffalo Chicken, Big Daddy's Wedge	Slice	35
Pizza, Cheese, Big Daddy's, Wedge	1 C	45.25
Pizza, Four Meat, Big Daddy's Wedge	Slice	36
Pizza, Pepperoni, Big Daddy's Wedge	Slice	34.97
Pork Rib BBQ Sandwich	Each	37.15
Spicy Beef Hotlink on a Bun	Each	24.44
Spicy Chicken Sandwich	Each	42.16
Spicy Chicken Tenders (served with goldfish)	3 Piece	16.19
Goldfish Crackers	Each	14
Tuna Sandwich	Each	34
Turkey Hotdog on a Bun	Each	24.43
Turkey Taco Pocket	Each	30.9
Yogurt Parfait with Fruit & Granola	Each	48.29
Yogurt – variety flavors	4 oz.	19
Muffin, Small (2 oz.)	Each	29
Muffin, Large (3 oz.)	Each	45.67
Whole Grain Biscuit (served with chicken)	Each	27.85
Sun Chips – Assorted Flavors 1.5 oz. Pkg.	Pkg.	28
Crackers – Assorted Flavors 1 oz. Pkg.	Pkg.	16
Baked Chips – Small Bag (Asst. Flavors)	Each	14
Cheese Portion Stick	Each	1
Milk	Serving	Carbs
1% White Milk	Carton	16
Nonfat White Milk	Carton	14
Nonfat Chocolate Milk	Carton	21

Fruit Choices	Serving	Carbs
Fresh Apple Slices	½ C	13.16
Fresh Orange Slices	½ C	15.39
Fresh Banana	Each	27
Mixed Fruit - Canned	½ C	17.29
Diced Peaches - can	½ C	17
Pear Halves - canned	½ C	19
Pineapple Tidbits	½ C	15
Mandarins - canned	½ C	18.21
Juice, 100% Fruit	Each	16
Rosati Frozen Cup	Each	25
Frozen Fruit Juice Cup	Each	19
Applesauce Cup	Each	14.64
Craisins	Pkg	28
Vegetable Choices	Serving	Carbs
Baked Beans	½ C	25.66
Baby Carrot - 3 oz. bag	½ C Bag	6.13
Baby Carrot – 2 oz. bag	¼ C Bag	3.74
Green Salad	1 C	3.21
Broccoli & Carrot Mix	½ C	3.77
Lettuce Shreds & Diced Tomato	1 C	2.82
Baby Carrots	¼ C	3.74
Sweet Hot Corn	½ C	20.41
Refried Beans	½ C	24.62
Potato Wedges	½ C	18.6
Sweet Potato Fries	½ C	12.96
Green Beans	½ C	4
Broccoli Florets	½ C	1.46

Snack Bar Items	Serving	Carbs
Pop Tarts – 1 Per pkg	Pkg.	37
Chex Mix – Asst. Flavors	Pkg.	20
Cheetos & Chips – Asst.	Pkg.	19
Fresh Baked Cookies	2 Each	32.8
Rice Krispy Bars	Pkg.	31
Popcorn, White Cheddar	Pkg.	9
Nutrigrain Fruit Bar	Pkg.	30
Beef Jerky	1 Piece	6
Sour Worms	Pkg.	44
Yogurt Parfait	Each	43.12
Fruit Chillers	12 oz	40.5
Pork & Veggie Eggroll	Each	20
Smart Picks Hamburger	Each	25
Chicken Flatbread Pizza	Each	37
Pretzel Roll Sandwich	Each	31.52
Condiments	Serving	Carbs
BBQ Sauce	Each	4.26
Mustard	Each/Pump	.29
Ketchup	Each/Pump	2.7
Sweet-n-Sour Sauce	Each	5
Ranch Dressing	Each/Pump	.86
Tarter Sauce	Each	1.06
Mayonnaise	Each/Pump	0

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.

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



**Lisa Vorce, R.D., SNS**  
**Nutritionist**  
 Nutrition Services, Twin Rivers USD  
 916-566-1600 ext, 50514

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