

Lunch Carbohydrate Count - Secondary Schools

For more information, please contact Food and Nutrition Services at 686-7735 ext. 7863.

Lunch	Calories	Carbohydrates (grams)
Entrée		
Beef		
BBQ Beef Sandwich	406	62.75
Beef Chimichanga	400	43
Beef Enchirito	466	34.34
Beef Hot Link on a Bun	383	22.18
Beef Tacos - Hard Shell	511	24.6
Beef Tacos - Soft Shell	611	40.6
Burger	500	67
Cheeseburger	465	58.54
Chili Cheese Baked Potato	403	55.47
Chili Cheese Wedges	475	46.73
Chili w/ Corn Muffin	533	65.53
Chili w/ Saltines	393	43.67
Hot Links on a Bun	393	24.63
Macho Burger	528	27.78
Macho Nachos	591	49.65
Taco w/ Bean & Rice	476	45.08
Teriyaki Meatballs w/ Rice	463	57.69
Chicken/Turkey		
Asian Persuasion Chicken & Rice	450	81.48
Chicken Egg Roll w/ Sauce	415	64.19
Chicken or Turkey Wrap	559	37
Chicken Tacos - Hard Shell	447	18.7
Chicken Tacos - Soft Shell	547	34.7
Chicken Tenders	383	20
Crispy Chicken Sandwich	380	40
Honey-BBQ Chicken Wings	390	15
Mandarin Orange Chicken	306	43.73
Spicy Chicken Sandwich	370	40
Teriyaki Chicken w/ Rice	262	35.81
Fish		
Filet Fish Sandwich	399	43.4
Filet Fish Sandwich w/ Potato Wedges	659	77.38
Pork		
Pork Rib-a-Que Sandwich	384	56.6
Pulled Pork Sandwich	378	60
Non-Meat		
Cheese & Broccoli Baked Potato	360	55.73
Cheese Sticks, Stuffed Bosco w/ Marinara	692	81.03
Nachos	434	39.66
Potato, Baked w/ Margarine	211	36.59
Ravioli (Pasta Special)	270	33
Super Pretzel w/ Cheese	540	87
Vegetarian Enchirito	556	68.5
Veggie Burger	546	72.28

Item	Calories	Carbohydrates (grams)
Pizza		
Pizza Made Fresh Daily		
Big Daddy's is served at all schools except those listed		
Big Daddy's Pepperoni Pizza	480	56
Big Daddy's Cheese Pizza	470	55
Laguna Pizza is served at Franklin HS, RMS, SMS, Smedberg MS		
Laguna Pizza's Cheese Pizza	309	47.6
Laguna Pizza's Pepperoni Pizza	442	49
Little Caesar's Pizza is served at Florin HS, Rutter MS, Sheldon HS and Smedberg MS		
Little Caesar's Cheese Pizza	250	31
Little Caesar's Pepperoni Pizza	287	31
French Bread Pizza w/ Garlic & Cheese	393	24.93
Pepperoni Pizza, Wedge	353	34.48
Pizza Pocket	440	48
Salad		
Chef Salad w/ Turkey & Cheese	335	31.89
Chef Salad w/ Turkey, Ham & Cheese	338	30.21
Chicken Caesar Salad	673	37.9
Chinese Chicken Salad	350	49.12
Chinese Chicken Salad	581	54.74
Side Salad, Small w/ Dressing	109	8.37
Southwest Salad	450	35.47
Taco Salad	336	27.22
Tuna Salad	413	27.67
Vegetarian Salad	583	28.31
Sandwiches		
Chicken Salad Sandwich	435	27.15
Egg Salad Sandwich	359	25.59
Ham & Cheese Sandwich	337	28.59
Ham, Turkey & Cheese Hoagie	421	51.43
Roast Beef w/ Cheese Hoagie	429	50.5
Submarine Hoagie	411	51.95
Tuna Salad Sandwich	387	28.03
Turkey & Cheese Hoagie	421	53.4
Turkey & Cheese Hoagie	421	53.46
Turkey & Cheese on Wheat	305	27.42
Turkey Ham & Cheese Croissant	392	24.93
Turkey Ham & Cheese Hoagie	413	52.3
Turkey Ham, Turkey & Cheese Hoagie	409	52.52
Turkey Pastrami on a Hoagie	436	50.6
Vegetarian Hoagie	540	69.74
Item	Calories	Carbohydrates (grams)
Sides		
Vegetable		
Baby Carrots	20	5
Potato Wedges	100	12
Potato, Baked w/ Margarine	211	36.59
Side Salad, Small w/ Dressing	109	8.37
Variety of cooked vegetables offered		

Item	Calories	Carbohydrates (grams)
Fruit		
100% fruit Juice Slushie	83	19.25
Applesauce, Motts	98	24.5
Apricots, canned	80	21
Banana, fresh	101	26
California Naturals, Orange	50	13
California Naturals, Strawberry	50	13
Fruit & Yogurt	312	68.95
Fruit Cocktail	72	19
Grapes, fresh	31	8
Kiwi, fresh	46	11
Mandarin Oranges	36	9
Nectarine, fresh	60	14
Orange, fresh	62	15
Peaches, canned	68	18
Pear, fresh	96	26
Pear, fresh	96	25
Pears, canned	72	19
Pineapple, canned	70	17
Tropical Fruit Salad	79	20
Milk		
Chocolate Milk, 1/2 pint, fat free	170	31
Milk, 1/2 pint, 1% fat	130	16
Desserts		
Chocolate Chip Cookie	206	28.63