

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		
Beef Tacos - Hard Shell	414	23
Beef Tacos - Soft Shell	412	36
Build Your Own Burrito	503	54
Burger with Potato Wedges	395	45
Cheeseburger with Potato Wedges	448	59
Chili Cheese Baked Potato	383	52
Chili Cheese Nachos	569	61
Chili Cheese Potato Wedges	336	31
Chili w/ Saltines	393	44
Fiesta Rice Bowl	536	60
Macho Nachos	577	57
Nacho Beef Tacos	410	26
Philly Cheese Steak Sandwich	310	41
Roast Beef Sandwich	433	51
Southwest Salad	480	38
Chicken/Turkey		
BBQ Grilled Chicken Sandwich w/ Potato Wedges	380	46
Build Your Own Burrito w/ Chicken	471	51
Chicken Tenders	337	20
Chicken Tenders Spicy	458	25
Crispy Chicken Sandwich	300	27
Fiesta Rice Bowl	487	55
Grilled Chicken Sandwich w/ Cheese, Bacon & Wedges	512	41
Grilled Chicken Sandwich w/ Potato Wedges	358	41
Honey Fire Chicken w/ Rice	337	59
Popcorn Chicken w/ Potato Wedges	416	42
Spicy Chicken Sandwich	300	27
Teriyaki Chicken w/ Rice	371	51
Teriyaki Grilled Chicken Sandwich w/ Potato Wedges	393	49
WRAPS:		
Chicken Wrap	503	36
Spicy Chicken Wrap	556	43
Tropical Chicken Wrap	291	32
Salsa Chicken Wrap	327	47
Turkey Burger w/ Potato Wedges	379	40
Chef Salad	370	26
Chinese Chicken Salad	262	29
Southwest Chicken Salad	453	39
Fish		
Filet Fish Sandwich w/ Potato Wedges	501	55
Fish Strips w/ Potato Wedges	446	45
Fish Tacos (Hard Shell)	491	38
Fish Tacos (Soft Shell)	593	54

Item	Calories	Carbohydrates (grams)
Pizza		
Big Daddy's is Made Fresh Daily – Whole Grain Crust		
Big Daddy's Cheese Pizza	400	50
Big Daddy's Pepperoni Pizza	420	49
Big Daddy's Pepperoni & Olive Pizza	517	56
Big Daddy's Hawaiian Pizza	441	54
Pizza Pocket	410	47
Pork		
Pork Rib-a-Que Sandwich	550	69
Non-Meat		
Build Your Own Burrito	485	63
Baked Potato w/ Cheese & Broccoli	311	46
Potato, Baked w/ Margarine	211	37
Chef Salad (Non-Meat)	514	30
Chow Mein w/ Spring Roll	275	54
Fiesta Rice Bowl	499	66
Fruit & Yogurt Parfait	265	56
Nachos	484	51
Pretzel with Cheese	510	84
Peanut Butter and Jelly Sandwich	548	56
Super Pretzel w/ Cheese	540	87
Taco w/ Beans and Rice (Soft Shell)	449	55
Taco w/ Beans and Rice (Hard Shell)	347	39
Veggie Burger	403	50
Sandwiches		
Egg Salad Sandwich	357	28
Roast Beef w/ Cheese Hoagie	433	51
Tuna Salad Sandwich	401	27
Turkey & Cheese Hoagie	423	53
Turkey & Cheese on Wheat	309	28
Turkey Ham & Cheese on Wheat	308	26
Turkey Ham & Cheese Hoagie	423	51
Turkey Pastrami on a Hoagie	436	50.6
Vegetarian Hoagie	540	70

Item	Calories	Carbohydrates (grams)
Sides		
Vegetable		
Baby Carrots	20	5
Potato Wedges	100	12
Potato, Baked w/ Margarine	211	37
Side Salad, Small w/ Dressing	109	8
Variety of cooked vegetables offered		
Fruit		
100% fruit Juice Slushie	83	19
Applesauce, Motts	98	25
Apricots, canned	80	21
Banana, fresh	101	26
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
JUICES:		
CapriSun 100% Fruit Juice – All flavors	100	26
Switch – All flavors	140	35
V-Fusion Strawberry Banana	170	42
Milk		
Chocolate Milk, 1/2 pint, fat free	120	22
Milk, 1/2 pint, 1% fat	130	16
Desserts		
Chocolate Chip Cookie	206	29