

**ELEMENTARY LUNCH, LENNOX SCHOOL DISTRICT**  
**CARBOHYDRATE AND CALORIE COUNTS**

Menu Item	Portion Size	Cals	Carb (g)
Nonfat Chocolate Milk	8 Fl Oz	130	24
Mini Cheeseburgers	1 Each	272	30
Chicken Tenders & Whole Grain Roll	1 Each	340	33
Chicken Tenders	3 Tenders	260	16
Whole Grain Roll	1 Roll	80	17
Orange Chicken with Rice (Sm)	1 Each	235	38
Orange Chicken	3.6 oz	150	19
Brown Rice	1/2 Cup	85	19
1% Milk, Plain	8 Fl Oz	102	12
Nonfat/Skim Milk, Plain	8 Fl Oz	85	12
BBQ Teriyaki Chicken with Vegetables & Rice	1 Each	335	54
BBQ Teriyaki Chicken	2.8 Oz	130	10
Brown Rice	1 Cup	170	37
Seasoned Vegetables	1/2 Cup	35	7
Sidekicks Frozen Juice Slushie	1 Each	80	20
Vegetables, Cooked & Seasoned	1/2 Cup	23	5
Broccoli	1/4 Cup	9	2
Carrots	1/4 Cup	9	2
Cauliflower	1/4 Cup	5	1
Spaghetti & Meatballs with Garlic Toast	1 Serving	574	64
Meatballs, Fully Cooked	3 Each	76	3
Spaghetti Red Sauce	1/2 Cup	52	10
Spaghetti Noodle, Whole Grain, Cooked	1/2 Cup	90	20
Garlic Toast	1 Each	356	31
Vegetables, Grilled/Roasted	1/2 Cup	30	7
Brussels Sprouts, Raw	1/4 Cup	9	2
Butternut Squash	1/4 Cup	21	5
Shredded Beef Tacos With Beans	2 Tacos	471	27
Beef, Shredded	3 Oz	220	5
White Corn Tortilla	2 each	64	14
Romaine Lettuce	1/4 Cup	2	0
Pico De Gallo	2 Tbsp	5	1
Cheddar Cheese, Shredded	1 Oz	110	0
Refried Beans	1/4 Cup	70	12
Philly Cheesesteak Sandwich	1 Each	462	35
Philly Steak Beef	3.3 Oz	167	4
Hot Dog Bun, White Whole Wheat	1 Each	130	28
Cheddar Cheese, Shredded	1 Oz	110	0
Chicken & Cheese Crisпитos	2 Each	400	40
Chili Chicken Cheese Dog	1 Each	298	33
Bean & Cheese Burrito	1 Each	360	45
Chicken Nuggets & Sweet Potato Gems	Serving	360	30
Chicken Tenders	3 Pc	260	16
Sweet Potato Gems	8 pc	100	14
Crispy Chicken Sandwich with Fries	Serving	528	66
Crispy Chicken Patty	1 Pc	230	14
Red Leaf Lettuce	1 Leaf	0	0
Tomatoes	2 Slices	7	2
Hamburger Bun	1 Each	140	28
Crinkle Fries	1/2 Cup	150	22
Jumbo Chicken Corndog	1 Each	238	28
Cheddar Cheese Dip Cup	1 Each	70	0
Grilled Cheese Sandwich	1 Each	283	31
Chicken Tamales with Green Sauce	1 Each	340	25
Beef & Cheese Chalupa	1 Each	244	11
Cheeseburger & Baked Beans	1 Each	480	64
Beef Patty	1 pc	120	0
American Cheese	1/2 Oz	40	1
Hamburger Bun	1 Each	140	28
Baked BBQ Beans	1/2 Cup	180	35

Pepperoni French Bread Pizza	1 Each	339	35
Bean & Cheese Chalupa	1 Each	245	21
Seasoned Brown Rice	1/2 Cup	85	19
Chicken Enchiladas	2 Each	280	36
Chicken & Waffles (9Pc)	9 Pc	250	10
Cheesy French Bread Pizza	1 Each	333	35
Beef & Cheese Taco Stick	1 Each	345	32
Deep Dish Pepperoni Pizza	1 Each	350	33
Sloppy Joe	Serving	384	38
Beef Filling	3.6 Oz	245	10
Hamburger Bun	1 Each	140	28
Steak Cheeseburger	1 Each	428	32
Beef Patty	1 Patty	196	0
Hamburger Bun	1 Each	140	28
Romaine Lettuce	1/8 Head	7	1
Tomatoes	1 Oz	5	1
American Cheese	1 Oz Slice	80	2
Crosstrax Fries	1 Serving -7pc	160	21
Turkey Taco Nada	1 Serving	260	31
Cheese Stuffed Breadsticks	2 Sticks	11	1
Beef Fajitas with Tortillas	Serving	497	36
Beef, Shredded	4.1 Oz	303	5
Tortilla, Whole Wheat	1 Each	170	31
Rotini with Meat Sauce & Garlic Cheese Toast	Serving	693	56
Rotini Pasta & Meat Sauce	8 Oz	337	25
Garlic Cheese Toast	1 Each	356	31
Totally Taco Triangles	3 Triangles	250	30
Pineapple Stick, Frozen	Serving	38	11
Veggie Chow Mein	1.5 Cups	264	41
Vegetable Chow Mein	2.8 Oz	170	34
Edamame	1/2 Cup	94	7
Cheeseburger Sliders	1 Package	272	30
Chicken And Cheese Crispito	2 Each	400	40
Meatball Sub With Baked Lays	1 Each	414	53
Meatball Sandwich	1 Each	294	32
Baked Lays Chips, Sour Cream & Onion	1 Bag	120	21
Meatloaf Cheeseburger	1 Each	410	38
Meatloaf Patty	1 Each	190	8
Hamburger Bun	1 Each	140	28
American Cheese	1 Slice	80	2
Breaded Chicken Drumstick & Mash Potato	Serving	300	22
Breaded Chicken Drumstick	1 Pc	190	5
Mashed Potatoes	1/2 Cup	110	17
Pretzel Dog Chicken	1 Each	300	41