

**SECONDARY LUNCH, LENNOX USD
CARBOHYDRATE AND CALORIE COUNTS**

Menu Item	Portion Size	Cals	Carb (g)
Asian Chicken Salad & Roll	1 Serving & Roll	479	41
Asian Chicken Salad	1 Salad	349	17
Roll	1 Roll	130	24
Asian Salad	1 Each	330	38
Bacon Ranch Pasta Salad (Veg)	1 Each	564	63
Bbq Rib Sandwich	1 Each	313	36
Beans Canned Black	1/2 Cup	109	20
Beans, Canned, Green	1/2 Cup	14	3
Beans, Canned, Refried	1/2 Cup	118	20
Beans, Green, Frozen, Steamed	1/2 Cup	19	4
Beef & Cheese Tamale	1 Each	341	45
Burrito Beef Bean & Chili	1 Each	281	39
Burrito Grilled Bean & Cheese	1 Each	296	29
Burrito Pork Carnitas	1 Each	503	55
Caesar Chicken Salad & Roll	1 Serving & Roll	503	36
Caesar Chicken Salad	1 Salad	373	12
Roll	1 Roll	130	24
California Chopped Salad & Roll	1 Each	444	55
California Chopped Salad	1 Salad	314	30
Roll	1 Roll	130	24
Chalupa Beef & Cheese	1 Each	244	11
Cheese Stick, Boscós, Breakfast	1 Stick	150	17
Cheese Sticks (2), Boscós	2 Sticks	300	34
Cheeseburger & Fries	1 Each	470	50
Cheeseburger	1 Burger	330	30
Fries	1/2 Cup	140	20
Chefs Salad Turkey	1 Each	391	27
Chefs Salad Veggíe	1 Each	391	27
Chicken Taquitos With Refried Beans	1 Each	309	41
Chicken Taquitos	2 Taquitos	220	26
Refried Beans	1/4 Cup	89	15
Chicken Tenders, Mashed Potatos & Roll	1 Each	349	38
Chicken Tenders	3 Tenders	210	13
Mashed Potatos	1/4 Cup	59	8
Roll	1 Roll	80	17
Chicken Tostada, Large	1 Tostada	482	49
Chicken, Roasted, 8 Piece & Roll	1 Each	230	24
Chicken, Roasted	1 Serving	100	0
Roll	1 Roll	130	24
Chili Cheese Dog (Weinersch)	1 Each	324	32
Corn Dog Turkey Don Lee Farms	1 Each	256	29
Double Dogs Beef	1 Package	260	32
Egg Roll (2), Rice, Edamame	1 Serving	578	90
Egg Roll	2 Egg Rolls	340	58
Rice	1/2 Cup	98	22
Edamame	1/2 Cup	111	11
Frog Spit Lemon Lime Push Pop	1 Each	80	18
Italian Pocket (Calzone)	1 Each	370	50
Milk, 1% Lowfat	8 Fl Oz	102	12
Milk, Chocolate, Nonfat	8 Fl Oz	130	24
Mini Cheeseburgers	1 Each	390	41
Nacho Fish Tacos (2)	2 Tacos	410	42
Orange Chicken With Rice (6-12)	1 Each	356	57
Orange Chicken	1 Serving	140	12
Rice	1/2 Cup	108	22
Pizza Hawaiian Boscós	1 Each	340	38
Pizza Pepperoni French Bread 6", Tonys	1 Pizza	340	38