

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

<b>Menu Item</b>	<b>Portion Size</b>	<b>Cals</b>	<b>Carb (g)</b>
Calzone Italian Pocket	1 Each	370	24
Calzone Cheese Pocket	1 Each	350	39
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 (large)	1 Each	320	56
Orange Chicken	3.6 oz	150	19
Brown Rice	1 Cup	170	37
Orange Chicken with Rice (Sm)	1 Each	235	38
Orange Chicken	3.6 oz	150	19
Brown Rice	1/2 Cup	170	19
BBQ Teriyaki Chicken with Vegetables &	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, Cooke	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	549	77
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
Shoe String Fries	1/2 Cup	171	32
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

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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 Wedge Pizza	1 Each	350	29
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 Package)	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
Bean & Cheese Pupusa	1 Each	290	35
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 T	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 & Onio	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 Drumstik & Mash Potatoc	Serving	300	22
Breaded Chicken Drumstik	1 Pc	190	5
Mashed Potatoes	1/2 Cup	110	17
Pretzel Dog Beef	1 Each	300	41
Chicken Tostada W/ Refried Beans	Serving	364	42
Tostada Bowl	1 Each	110	14
Chicken Fajita Strips	1.81 Oz	79	1
Sweet Corn	1/2 Cup	80	17
Refried Beans	2 Oz	59	10
Teriyaki Beef Dunkers w/ Brown Rice & P	Serving	312	42
Brown rice	1/2 Cup	108	22

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Green Peas	1/4 Cup	45	8
Teriyaki Beef	4 Pcs	159	12
Baked Chicken Bite w/ Beans, Corn & Tor	Serving	434	52
Chicken Bites	4 Pcs	254	15
Pinto Beans	1/4 Cup	51	9
Corn Tortilla	2 each	64	14
Sweet Corn	1/2 Cup	64	14
Breaded Chicken Drumsticks with WG Wa	Serving	530	68
Breaded Chicken Drumstick	1 Pc	190	5
Whole Grain Waffles	2 each	220	33
Syrup cup	1 Each	120	30
Turkey Nacho Bowl	Serving	693	56
Seasoned Brown Rice	1/2 Cup	85	14
Turkey Breast	Serving	90	3
Tortilla Chips	1 Bag	280	36
Turkey Lasagna Rollup & Whole Grain Roll	Serving	335	42
Turkey Lasagna Rollup	1 Each	255	25
Whole Grain Roll	1 Each	80	17
Vegeterian Lasagna Rollup	Serving	337	48
Lasagna Rollup	1 Each	252	31
Whole Grain Roll	1 Each	80	17
BBQ Chicken with Corn Bread	Serving	296	24
BBQ Chicken	3 Oz	156	2
Corn Bread Muffin	1 Each	140	23
Ocean Treasure Fish Nugget w/ Pot Wed	Serving	496	62
Fish Nugget	4 Pcs	210	18
Seasoned Potato Wedges	1/2 Cup	166	25
Goldfish Gaint Cinn Crackers	1 Each	120	19
Sourdough Grilled Cheeese Sandwich	1 Sandwich	293	32
Mac & Cheese and Chicken Tenders	Serving	567	48
Macaroni and Cheese WG LS RF	6 Oz	307	32
Chicken Tenders	3 Pc	260	16
Chicken Chow Mein & Vegetable	Serving	337	42
Chow Mein Noodles	2.8 Oz	170	34
Chicken Fajita Strips	2.8 Oz	121	2
Vegetables	1/2 Cup	46	5
Turkey & Gravy w/ Mashed Pot & Roll	Serving	310	37
Turkey with Gravy	1/2 Cup	120	2
Mashed Potatoes	1/2 Cup	110	18
Whole Grain Roll	1 Each	80	17
Cheese Stuffed Breadsticks	2 Sticks	290	33
Tamles Chicken Green Chili and Beans	1 Serving	397	35
Tamales Chicken Green Chili		340	25
Beans		51	9
Salsa		6	1
Nonfat Chocolate Milk	8 Fl Oz	130	24
Nonfat/Skim Milk, Plain	8 Fl Oz	83	12
1% Milk, Plain	8 Fl Oz	102	12
Veggie Pinwheel	1 Each	280	34
Pinwheel Italian Pepperoni	1 Each	280	28
Chicken Tenders & Roll	1 Serving	340	33
Chicken Tenders	3 Pcs	260	16
Whole Grain Roll	1 Each	80	17