

LC School Menu Carbohydrate Counts

<p><u>Entrées</u></p> <p>BBQ Rib Sandwich (Rib Sauce =15g/Bun= 35g) Burrito (Butcher Boy:Beef, bean, cheese) =40g Cheeseburger/Bun: Pierre Com Cheeseburger = 0 Klosterman Bun = 30 Cheese Sticks (5 Breaded Mozzarella)= 37.5g Chicken Fajita (8" Aztec Tortilla =19g) (Crider Fajita Chicken Strips Chicken Noodles (Mazetti) 1 cup = 40g Chicken Noodle Soup (Campbell's) 1 cup = 14g Chicken Nuggets = k-2nd (6) 16.2g and 3 – 5th (8) 21.6g Chicken Oven Baked (Goldkist) 3oz. = 14g Chicken Patty/Bun: Chicken Patty (Zartic/Tyson) 3oz. = 17g Bun (Klosterman): 30g Chicken Popcorn (Kings Delight) 20pieces/3 oz. = 24g Chicken Quesidilla (Coyote Grill)= 35g Chicken Strips (Tyson) 4 pieces = 26g Chicken Wrap: Chicken Strips 3 pieces = 19.5g Soft Tortilla (Aztec 8") = 19g Chili 1cup = 26g Corn Dog = 32g Corn Dog (State Fair Turkey) = 30g Corn Dog (Mini Turkey State Fair 4 pieces) = 21g French Toast Sticks: (Aunt Jemima) 4 pieces = 45g Papetti's Whole Grain 4 pieces = 30g Fish Patty/Bun: Fish Patty (Samband of Iceland)= 16g Bun (Klosterman)= 30g Hot Dog/Bun: Jumbo Frank (Kahns)= 0 Hot Dog Bun = 22g Hot Ham/Cheese Sandwich: Hoagy Roll 4" = 22g Nacho Cheese/Chips: Tostitos Chips 2oz. bag = 36g Cheddar Cheese Sauce ¼ cup = 6g Pancakes 2 = 27g Pizza (Tony's) = 36g Pizza (Gilardi Stuffed Crust) = 33g Pizza (Tony's Breakfast 3oz.) = 26g Pizza (Tony's French Bread) = 37g Pizza Dippers (6 sticks Farmrich) = 45g Ravioli (Chef Boyardee) 1 cup = 40g Sausage Links (Pierre) = 0 Sausage Patty = 0 Sausage/egg/cheese Biscuit: Buttermilk Biscuit = 32g Shrimp Poppers (Seapak) 20 pieces = 18g Spaghetti/Meat Sauce</p>	<p><u>Vegetables</u></p> <p>Carrots (Raw Baby) 1.6 oz bag = 5g Carrots (Cooked) ½ cup = 6g Corn ½ cup = 17g Green Beans ½ cup = 4g Lettuce = 0g Mixed Veggies ½ cup = 9g Peas ½ cup = 12g Potatoes X-14 (3oz.) = 26g Potatoes (1/2 cup cheesy) = 33g Potatoes (Crinkle Cut Fries) 2.4oz. =17g Potatoes (Cross Cut Fries) 2oz. = 14g Potatoes (Curly Fries) 2.9 oz. = 17g Potatoes (Hash Brown) 1 piece =13g Potatoes (Mashed) ½ cup = 13g Potatoes (Tator Tots) ½ cup = 17g Potatoes (Thick Cut Fries) 2.7 oz = 22g Potatoes (Straight Cut Fries) 3 oz. = 20g Potatoes (String Fries) 2.6 oz. = 20g Potatoes (Wedges) 8 pieces = 11g Onion Rings 7 pieces = 22g Yams 2/3 cup = 36g</p> <p><u>Beverages</u></p> <p>Milk 8 oz. = 12g Milk Chocolate 8 oz. = 24g Milk Strawberry 8 oz. = 23g 100% Fruit Juice 4 oz. = 15g</p> <p><u>Condiments</u></p> <p>Buttermilk Ranch (PPI 1 tbsp) 1 packet = 1g BBQ Sauce (Chatsworth 1oz.) = 10g Caramel Dip (Sweet Pleasures 1.5oz.)= 26g Honey Mustard (Chatsworth 1oz) 1 tub = 7g Jelly (Grape 0.5oz by PPI) = 9g Ketchup (Americana 2 tsp) 1 packet = 2g Table Syrup (Madeira Farms 3tbs.) 1 tub = 31g Marinara Sauce (PPI 1oz.) = 3g Mayo (PPI 1 tbsp) 1 packet = 1g Mustard (PPI 2 tsp) 1 packet = 0g Pizza Dipping Sauce (1/4 cup) = 6g Salsa 2 Tbsp. = 3g Seafood Sauce (PPI 1 tbsp) 1 packet = 3g Taco Sauce (PPI 2 tsp) 1 packet = 1g Tarter Sauce (PPI 2 tsp) 1 packet = 1g</p> <p><u>At Cart Items</u></p> <p>Tostitos Nacho Chips = 36g Ruffles Chips = 14g Sun Chips = 19g Twisty Fritos = 32g Lays Chips = 15g Mrs. Vickie's Chips = 32g</p>
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<p>Vitale Pasta (½ cup uncooked) = 41g Spaghetti Sauce ½ cup = 11g Meat = 0g</p> <p>Taco: JTM Filling 2oz. = 1.5g Panchovilla Hard Shell = 7g Aztec Tortilla Shell 8" = 23g</p> <p>Walking Taco: Fritos (2oz.) = 32g or (1oz.) = 15g JTM Filling 2oz = 1.5g</p> <p><u>Side Dishes</u> Bread Stick (8")= 17g Bread Stick (Pepperoni Stuffed) = 30g Cheese (Shredded Cheddar) ¼ cup = 1g Cheese Stick (String Mozzarella) = 0g</p> <p>Chips: Doritos 1 fun size bag = 17g Fritos 1 fun sized bag= 15g Lay's = 15g</p> <p>Crackers (0.5 oz bag of Oyster) = 9g Crackers (1 pack Zesta) = 10g Macaroni/Cheese ½ cup = 39g Onion Rings (7 pieces) = 22g Gravey (Trio) ¼ cup = 6g Jello ½ cup = 17g Soft Pretzel (J&J Snack Cheese Stuffed) = 34g Soft Pretzel (J&J Snack Whole Wheat) = 36g Soft Pretzel (J&J Snack Cinn./Raisin) = 39g</p> <p><u>Fruits</u> Apples (Fresh) 2 oz. bag = 8g Apples (Canned) ½ cup = 14g Applesauce ½ cup = 23g Applesauce (Wild Watermelon) = 16g Banana (whole petite) = 23g Grapes 1 bag = 14g Orange (whole) = 16g Peaches ½ cup = 17g Pears ½ cup = 19g Pinapple ½ cup = 17g Sherbert (Fruit) ½ cup = 19g Strawberry Cups (1/2 cup Sweetened) = 26g</p>	<p>Funions = 14g Doritoes = 17g Fruit by the Foot = 16g Fruit Gushers = 20g Pringles Chips = 21g</p> <p><u>Al Cart Freezer Items</u> Blue Raspberry Juice Bar Chocolate Covered Ice Cream Bar = 14g Chocolate Éclair Bar = 22g Chocolate Ice Cream Cup = 15g Chocolate Mini Malt Cup= 15g Cookies and Cream Bar = 18g Dean's Country Fresh Popsicle = 9g Fudge Bar = 25g Grape Twin Pops = 14g Ice Cream Sandwich = 24g Mini Ice Cream Sandwich = 15g Minute Maid Frozen Juice = 26g Orange Push Up = 18g 4oz. Sherbert Cup = 19g 6oz. Sherbert Cup = 26g Strawberry Éclair Bar = 23g Strawberry Ice Cream Cup = 12g Vanilla Ice Cream Cup = 12g</p>
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